



# COACH PITCH

## INTRODUCTION

### INTRO

### PROGRAM TIPS

### PROGRAM OUTLINE

#### WEEK 1

The Little League® Coach-Pitch Program was created to provide volunteer managers and coaches in the Little League Minor Baseball Division with the appropriate direction to organize and efficiently operate practices throughout the season.

This 12-week program focuses on the fundamentals of baseball, and is designed to build a solid foundation for becoming a successful ballplayer, including the “emotional fuel tank,” as described by Positive Coaching Alliance (PCA). The program assumes that the volunteers who have accepted the responsibility of coaching children in this age group have a limited background in baseball and even less experience with the leadership and teaching acumen that is inherent with coaching Little Leaguers® at this level of the program.

#### WEEK 2

The first two weeks follow a “spring training” format, featuring three practices per week. During the season, the practice plans are adjusted to accommodate a week of activity that includes two practices and two games. Each lesson provides direction and offers insight from PCA on how to communicate and connect with the members of your team.

#### WEEK 3

You are encouraged to review the entire program and use it as a training tool and guide. Utilize both the full plan and quick courses to customize your practices, so that the players under your charge are improving their skill level, developing a positive work ethic, growing their confidence on and off the field, and having fun.

#### WEEK 4

Each week’s lesson offers extensive review, while continuing to tout the importance of team-building and chemistry. Use the opportunities provided in this program to engage with the children on your team and grow their self-worth. Remember that Little League is a fun activity that has as its prime objective nurturing and growing well-rounded and productive people, not developing outstanding ballplayers.

#### WEEK 5

Little League International thanks you for devoting your time and attention to the children in your community, and we trust that you will address your players, their parents and the local league with respect and pride.

#### WEEK 6

**BEST OF LUCK TO YOU AND YOUR TEAM THIS SEASON!**

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# COACH PITCH

## PROGRAM TIPS

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### PITCHING TO PLAYERS

Throughout the 12-week Coach-Pitch program it is recommended that during a portion of batting practice, an “L” screen be placed approximately 25-30 feet in front of home plate. Coaches are to position themselves behind the “L” screen (for protection) and pitch from a kneeling position. Pitching from a knee allows the players to clearly see the ball as it is released from the coach’s hand, and improves their ability to track the ball as it reaches the hitting zone.

Later in the season, as coaches assess an improvement in the players’ batting proficiency, they may choose to throw from the pitcher’s mound. Again, using the “L” screen for protection, coaches assume a standing position on the mound, and from the pitcher’s plate deliver the pitches to the batters. The additional distance to home plate, and angle of the ball as it is thrown, will require the batters to make adjustments to the release point and trajectory of the pitch as it reaches the hitting zone.

### BATTER SAFETY

When conducting batting practice, or any type of hitting drill or activity that involves a bat, each player must wear a helmet. It is the coach’s responsibility to explain to the players how to properly hold a bat. Stress that the only time a player should be holding a bat is when he/she is batting. If a player is the next scheduled to hit, he/she is to carry the bat by the barrel into the batter’s box.

Bats must be Little League approved according to Rule 1.10 in the 2015 Little League Baseball rulebook.

### MAXIMIZE TEACHING TIME

When overseeing drills during practice, we recommend that one coach provide direction to no more than four players. This ratio will allow for optimal learning and increase the opportunity a fun experience for each player.

### REMOVING THE FEAR FACTOR

At this age, it is perfectly normal for players to be afraid of the ball. For batting practice and fielding drills, we recommend using plastic balls, soft-core Tee Balls or tennis balls until players are comfortable using a baseball.



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### WEEK ONE

#### PRACTICE GOALS

- Be able to hold a ball with a four seam grip
- How to throw to a two-hand target using a four-seam grip
- Run through first base
- Attempt to catch the ball using two hands
- Properly grip a bat

### WEEK TWO

#### PRACTICE GOALS

- How to hold a ball with a four-seam grip
- Successfully throw to a two-hand target using a four-seam grip
- Attempt to catch the ball using two hands below the waist
- Get into an athletic batting stance
- Field and transition into a throwing position

### WEEK THREE

#### PRACTICE GOALS

- How to hold a ball with a four-seam grip out of the glove
- Successfully throw from a knee to a two-hand target using a four-seam grip
- Round first base
- Attempt to catch the ball using two hands below the waist
- Properly grip a bat; hit the ball off a tee
- Field with two hands

### WEEK FOUR

#### PRACTICE GOALS

- Run the bases
- Catch a ball using two hands above the waist
- Consistently hit the ball off a tee
- To see the ball from the coaches hand when hitting

### WEEK FIVE

#### PRACTICE GOALS

- Successfully throw to a two hand target using a four-seam grip
- Attempt to catch a fly ball using two hands
- To separate their hands when throwing
- The last three steps of fielding a ground ball

### WEEK SIX

#### PRACTICE GOALS

- Run from home plate to second base and run from second base to home plate
- How to hit a ball from the drill soft toss
- Play a game of 21



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### WEEK SEVEN

#### PRACTICE GOALS

- Successfully throw to a two hand target using a four-seam grip while playing a game of 21
- Run from first base to third base and from second base to home plate
- Take cues from the first base coach
- Field a ground ball while moving laterally

### WEEK EIGHT

#### PRACTICE GOALS

- Catch a tennis ball above their head
- Quickly transition the ball from their glove hand to their throwing hand
- Play a simulated game of baseball while working on strengthening their fundamentals
- Develop hand eye coordination through the same side toss drill

### WEEK NINE

#### PRACTICE GOALS

- Be able to quickly relay a ball from the outfield to the infield using a four-seam grip
- Field ground balls on their knees, demonstrating the proper two-hand technique

### WEEK TEN

#### PRACTICE GOALS

- Use a cross/drop step to catch a fly ball using two hands (tennis ball)
- Be able to catch a fly ball (baseball)
- The way to play long toss

### WEEK ELEVEN

#### PRACTICE GOALS

- Run the bases more proficiently
- Use a cross/drop step to catch a fly ball using two hands (baseball)

### WEEK TWELVE

#### PRACTICE GOALS

- Enjoy the game of baseball and softball
- Reflect on the season and how they improved throughout the season



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### PRACTICE GOALS: What Your Team Should Learn

1. Be able to hold a ball with a four seam grip
2. How to throw to a two-hand target using a four-seam grip
3. Run through first base
4. Attempt to catch the ball using two hands
5. Properly grip a bat

### MATERIALS:

- Batting Helmets
- Bases
- Baseball Bats (various sizes)
- Baseballs (two buckets)
- Batting Tee
- Gloves
- "L" Screen



## POSITIVE COACHING ALLIANCE (PCA) | WEEKLY TIPS

### PRACTICE 1 TIP: The Big Three

(Have Fun, Work Hard, Be a Good Sport)

There are three big things to work on this season — have fun, work hard, and be a good sport. If you can do all three, you'll have a great season.

**Have Fun:** When you enjoy what you are doing, you usually do it better.

**Work Hard:** Have everyone agree to give his or her best effort at every practice and game.

**Be a Good Sport:** You want to **Honor the Game** and treat your opponents and officials with respect even when things don't go the way we'd like them to.

Any one of these three things may seem pretty easy, but when you try to do all of them, it can be difficult. For example, it's easy to have fun when you don't work hard, but we can do both. We'll learn that hard work can be fun.

### PRACTICE 2 TIP : Rebounding From Mistakes

(Mistake Ritual)

All athletes, even great ones, make mistakes, but great athletes know how to bounce back from mistakes.

**On your team it should be acceptable to make a mistake.** If your players fear mistakes they won't try their hardest. Tell them to remember to just keep hustling and working hard, no matter what!

**Use a Mistake Ritual to help your players focus on the most important play — the next play.** When someone on your team makes a mistake, they can get past the error by making a throw-away motion with their hand.

Also, tell that person, "That's okay. Toss it! Get ready for the next play."

### PRACTICE 3 TIP : Everyone Belongs Here

(Emotional Tank)

**It is very important to have every one of your players feel like he/she is an important part of the team** — Help them understand that they each belong there and deserve the opportunity to play, have fun and learn.

We all have unique strengths. We are all different in some ways. But we are all similar in some ways.

**Being a great team member involves encouraging each other and supporting each other.** Being kind to each other and trying hard together. Encourage your athletes to make each other feel good about being on the team. This will not only make it fun for everybody, it will help everyone improve and play well.



# QUICK PLAN

## 90 MINUTES

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**3 MINUTES**

### INTRODUCTION

- Welcome players
- Review names (players and coaches)
- Focus on the reason for being there/PCA tip of the week

**7 MINUTES**

### STRETCHING AND WARM UPS

- Players run along the fence with the team
- Coach leads the team in a series of leg and arm stretches
- Finish with 20 Jumping Jacks
- (See full practice plan for complete instructions)

**15 MINUTES**

### BASEBALL GRIP

- Players gather in circle
- Grip baseball with whole hand using fingertips
- Show players two-and three-finger grips
- Have players demonstrate correct grip before going to spots to throw

**20 MINUTES**

### CATCHING AND THROWING

- Players learn two hand target
- Coaches show how to catch thumb to thumb
- Coaches show how to catch pinky to pinky
- No throwing until you see a two hand target
- 5 steps of throwing
- Start in launch position
- Focus on two hand target and four-seam-grip

**3 MINUTES**

### BREAK

**20 MINUTES**

### HITTING

- Players will grip the bat with knocking knuckles lined up or shifted slightly
- "Athletic" stance
- Bat should be able to cover the entire plate
- Dry Swings
- Coach throw off knee
- (See full practice plan for complete instructions)

**7 MINUTES**

### BASE RUNNING

- Run from home through 1st base
- (See full practice plan for complete instructions)

**15 MINUTES**

### FIELDING

- Review 5 Steps of Fielding
- Alligator Hands

### CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week
- Remind of next event (practice/game)



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## INTRODUCTION (3 MINUTES)

- Gather and welcome players. Introduce the coaches and player's by their names, review purpose for being at the field and show enthusiasm to start the very first practice.

## STRETCHING AND WARMUPS (7 MINUTES)

- **Have the team run along the outfield fence and gather in the opposite outfield from which you started.**
- Arm Circles: Short circles forward/backward, big circles forward/backward.
- Arm above the head and try to grab the middle of your back. Use the opposite arm to push arm down as far as you can reach.
- Right arm across the body, grab the elbow to stretch.
- Wrist Pull Downs: Extend your Right Arm / Left Arm out with the palm up, grab the finger tips with opposite arm and pull fingers down/back creating the stretch.
- Wrist Pull Ups: Extend your arm out with the palm down, grab the finger tips with opposite arm and pull fingers up/back creating the stretch.
- Touch your toes (standing)
- Touch your toes (sitting with both leg straight out, legs spread apart, grab toes with opposite hand, each leg once)
- Triangle seat: Seated pull feet together in to the body and use elbows to push the knees flat to the ground.
- Jumping Jacks: 20 times.

## BASEBALL GRIP (15 MINUTES)



1.1 1.2 1.3

- Proper four-seam grip (See Fig. 1.1). Hold the baseball using a four-seam grip.
- Show two-finger (Fig.1.2) and three-finger (Fig. 1.3) grips. Index finger on the top of the ball, thumb on the bottom of the ball, middle finger on the top of the ball. The spacing between fingers should be about the size of a finger.
- Players will grip the ball across the horseshoe or "C".

### DRILL

Players grab a ball off of the ground and show you their four-seam grip. Each player does five balls. Players will line up in three single file lines of four. Match one coach per line.

#### GAME: FOUR-SEAM RELAY RACE

Player will start from their line about 15 feet away from the coach and run up to the ball and pick it up and show their coach, the four-seam grip. They will return to the end of their line.

Once they return to the back of their line the next player can go.

Do this drill until all players in their line have gone. The relay is to be done after the drill.





# PRACTICE SEQUENCE

## CATCHING AND THROWING (20 MINUTES)



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### CATCHING

- **Two-Hand Target (2HT)** When playing catch, the thrower should not deliver the ball until the receiver shows the thrower a two-hand target.

The 2HT is when the player receiving the ball has both arms extended straight out from their body with a little flex in the elbow. Hands straight up, with thumbs towards each other, once the thrower sees this, they may deliver the ball. This is the 2HT. (See Fig. 2.1)

- **Thumb-to-Thumb (T2T)** When receiving the ball above the waist the receiver should show a 2HT and catch the ball thumb-to-thumb.

This is important because it emphasizes using two hands to catch the ball. This will allow the receiver to quickly make the transition from their glove to their throwing hand, while using the four-seam grip. (See Fig. 2.2)

- **Pinky-to-Pinky (P2P)** When receiving the ball below the waist the receiver should show a 2HT and catch the ball pinky-to-pinky.

Just like T2T this is equally important because it stresses using two hands and teaches the proper way to catch a ball below the waist. (See Fig. 2.3 & 2.4)



### THROWING

- Do not throw the ball until you see a Two-Hand-Target (2HT)
- Use a four-seam grip.
- Explain and demonstrate the Five Steps of Throwing

#### FIVE STEPS OF THROWING

##### Step One: Step

Start square to your partner, step towards your partner with the foot of your throwing hand. Plant your foot with the inside of the foot facing the receiver, this will align the glove shoulder to your partner.

##### Step Two: Shoulder-to-Partner

You will want to have your glove shoulder facing your partner. The thrower's hands are to move downward towards the center of their body until they separate. This will lead you to the launch, which is the next step.

##### Step Three: Launch

At this point the thrower will turn their thumbs in to get the elbows up putting the arms in the launch position. The ball will be in the throwing hand away from the receiver with a four-seam grip and the knuckles of the throwing hand facing the receiver.

##### Step Four: Delivery

The thrower should stay behind the ball when throwing and snap their wrist when throwing to the receiver.

##### Step Five: Finish

The thrower's weight will continue towards the receiver and the arm will follow through to the 2HT.





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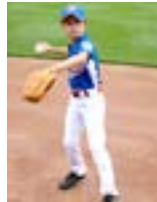
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3.1 Start



3.2 Shoulder-to-Partner



3.3 Launch



3.4 Delivery



3.5 Finish

## DRILL

Start in the "launch" position, focus on the 2HT using a four-seam grip. Continue Drill for 15-20 throws.

## BREAK (3 MINUTES)

## HITTING (20 MINUTES)



3.1



3.2



3.3

### One: Grip

Each player will take a bat. Place both hands out flat and lay the bat at the base of the fingers. Lightly wrap your fingers around the bat. This grip will align the players knuckles up. The knuckles can be in a straight line or slightly shifted either way. (Fig. 3.1)

### Two: Stance

Have the players get into an athletic position with knees bent slightly and shoulder width apart. There should be more weight on the back foot, with the weight distribution being about 40 percent on the front foot and 60 on the back foot. (Fig. 3.2)

### Three: Coverage

The bat needs to cover the entire plate. Have the player get in their stance; place the bat at the corner of the plate closest to the catcher. You want to make sure that your stance allows you to have complete plate coverage, so you can hit the outside pitch. (Fig. 3.3)

## DRILL

### Dry Swings

Each coach will have four players in their group. Players will be about 10 to 12 feet away from each other. They will place their fielding glove on the ground and use it as home plate. The coach will have each player take a swing on their command and work with them to correct their swing.

Each player will properly grip the bat, get into a good stance and make sure to cover the plate. A coach will throw off of one knee from about 35 feet away from the plate. (The use of a protective "L" screen is highly recommended.) The coach will throw five pitches to each player. Split the team into three groups of four players. The other three players will be outside the fence waiting to hit. Once all players on Group A have hit then Group B who was in the infield will hit and Group C who was in the outfield will move into the infield. Group A will move out to the outfield. Rotate through until all groups have had a chance to hit, play the infield, and play the outfield.



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## BASE RUNNING (7 MINUTES)



### – Purpose of Base Running and How to Score:

Explain that the idea is to score more runs than the other team. To score you need to get on base. You are a game piece and you need to get on the board. The board is the bases. The first thing you need to do is go from home to first, then first base to second base, second base to third base, and finally third base to home plate. Once you or your teammate crosses home plate your team scores a run. The team who scores more runs wins. It doesn't matter how you get on base. You could get on first base by a walk, hit, or an error. All that matters is you are on base and have a chance to score.



### DRILL

#### Run through First base:

Form four lines of players, with three in each line. Explain that on a ball hit in the infield you want to run as fast as you can through first base. Do not slow down in front of the base. This drill will help eliminate running and stopping on the base.

Use home plate to first base as line one. Create line two, three, and four using the same distance beside line one. If you have throw down bases use them, if not use a fielding glove or something similar.

A player will run through first base hitting the front of the base with either foot. Once the player runs through the base the player will chop their feet to stop, while looking to the right to see if the ball was overthrown. Do this drill five times each.

## FIELDING (15 MINUTES)



### FIVE STEPS OF FIELDING

#### – Step One: Creeper Steps

Player will take two steps towards the hitter. First step is with the throwing hand, second step is with the glove hand. The glove foot will be slightly out front of the throwing foot. (Fig. 4.1 Pg. 7)

#### – Step Two: Bend Knees / Lower Torso Down

Player will have knees bent and will have their body lowered down so that their glove is touching the ground in a "ready" position. Imagine sitting down on a chair; now come off of that chair where you are barely standing above it. This will be the position that you need to be in. (Fig. 4.2 Pg. 7)

#### – Step Three: Glove Out Front

Player will be in ready position with their arms extended out in front of their body. The palm of the glove will be facing the hitter and low to the ground. The throwing hand should be above the glove forming the mouth of an alligator. (Fig. 4.3 Pg. 7)

#### – Step Four: Receive / Suck / Funnel / Move

Players will field the ball out in front of their body with "alligator hands" and bring the ball into their mid-section. At this time the player will use the throwing hand of the alligator hands to grip the ball in a four seam grip. At the same time the player should move their body, throwing foot then glove foot towards the direction where the throw will be made. When finished with this step, the shoulder of the glove hand should be pointed at the target. (Fig. 4.4 Pg. 7)

#### – Step Five: Throw to Target

The ball will be in the launch position. From this position the player will deliver the ball to the target. (Fig. 4.5 Pg. 7)



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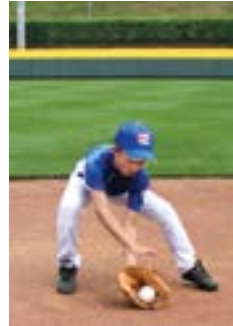
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4.1 Creeper Steps



4.2 Bend Knees / Lower Torso



4.3 Glove Out-Front



4.4 Receive / Suck / Funnel / Move



4.5 Throw to Target



5.1

5.2

## DRILL

### Alligator Hands:

Players will be in the third step of the five steps of fielding (glove out front Fig. 5.1). Players will do this drill with their gloves. Coaches will have 3 to 4 players in each of their lines.

Coaches will roll balls to players once they are in proper fielding position. Players will field the ball out in front of their body with glove hand down and throwing hand on top of the "alligator mouth" (Fig. 5.2) and perform step four and five throwing the ball back to the coach.

## CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week and remind players of next event (practice/game)
- Dismiss



# COACH PITCH

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### PRACTICE GOALS: What Your Team Should Learn

1. How to hold a ball with a four-seam grip
2. Successfully throw to a two-hand target using a four-seam grip
3. Attempt to catch the ball using two hands below the waist
4. Get into an athletic batting stance
5. Field and transition into a throwing position

### MATERIALS:

- Batting Helmets
- Bases
- Baseball Bats (various sizes)
- Baseballs (two buckets)
- Batting Tee
- Gloves
- "L" Screen



## POSITIVE COACHING ALLIANCE (PCA) | WEEKLY TIPS

### PRACTICE 1 TIP: Power of Positivity (Attitude is Contagious)

Having a positive attitude means that you see and express the good side and the potential of a situation.

Having a negative attitude means that you see and express the bad side of a situation and why "it won't work."

**Attitudes, either positive or negative, are contagious. That means they spread easily among a team.**

A positive attitude makes any situation better. A negative attitude makes any situation worse.

If you have a positive attitude, there will be more fun, more learning and the team will play better!

### PRACTICE 2 TIP : Filling Emotional Tanks (Winner's Circle)

To be the best team you can be, have your players help each other get better. One way to do that is to have them fill their teammates' Emotional Tanks.

The Emotional Tank is like a car's gas tank. When it's empty, you can't go far, but when it's full, you can go a long way. Teams with full Emotional Tanks usually do better than teams whose tanks are drained.

**Your athletes can fill each other's Emotional Tanks by noticing people who help them or the team and thanking them for it.**

They can also fill Emotional Tanks by cheering for their teammates, giving them high-fives, smiling at them, and telling them that they are glad they are on the team.

To fill each other's Emotional Tanks, you can get into a "Winners' Circle" after each game and give your players the chance to tell their teammates the good things they did during the game.

### PRACTICE 3 TIP : Nervous is Normal

**It helps to remind athletes that nervousness is normal before a game.**

Most professional players feel jitters before a game, but they've learned that there is nothing wrong with those feelings.

Remind your athletes that nervous energy can help you perform well. In fact, it is hard to perform your best without some nervous energy!



# QUICK PLAN

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**3 MINUTES**

### INTRODUCTION

- Welcome players
- Review names (players and coaches)
- Focus on the reason for being there/PCA tip of the week

**7 MINUTES**

### STRETCHING AND WARM UPS

- Players run along the fence with the team
- Coach leads the team in a series of leg and arm stretches
- Finish with 20 Jumping Jacks
- (See full practice plan for complete instructions)

**10 MINUTES**

### BASEBALL GRIP

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Show players two-and three-finger grips
- Players demonstrate correct grip by grabbing balls out of bucket
- Toss/Catch/Grip

**25 MINUTES**

### CATCHING AND THROWING

- Review two-hand target
- Coaches show how to catch thumb-to-thumb
- Coaches show how to catch pinky-to-pink
- No throwing until you see a two-hand target
- Focus catching the ball below the waist
- 5 Steps of Throwing
- Start in "launch" position
- Focus on two-hand target and four-seam grip
- Add steps one and two to the five steps

**3 MINUTES**

### BREAK

**17 MINUTES**

### HITTING

- Players will grip the bat with "knocking knuckles" lined up or shifted slightly
- "Athletic" Stance
- Bat should be able to "cover" the entire plate
- Dry Swings
- Coach will throw from knee (behind and "L" screen)
- (See full practice plan for complete instructions)

**15 MINUTES**

### BASE RUNNING

- Run from home through first base
- Run from home and round first base
- (See full practice plan for complete instructions)

**10 MINUTES**

### FIELDING

- Review 5 Steps of Fielding
- Alligator Hands

### CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week
- Remind of next event (practice/game)



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## INTRODUCTION (3 MINUTES)

- Review the names of the coaches and players, review purpose for being at the field and show enthusiasm to start practice. Break the team into three groups of players, with one coach per group.
- The coaches will start off by telling the group their name and who their favorite baseball team are and why. Go around and have the kids give their name and say their favorite baseball team.

## STRETCHING AND WARMUPS (7 MINUTES)

- **First have the team run along the outfield fence and gather in the opposite outfield from which you started.**
- Arm Circles: Short circles forward/backward, big circles forward/backward.
- Arm above the head and try to grab the middle of your back. Use the opposite arm to push arm down as far as you can reach.
- Right arm across the body, grab the elbow to stretch.
- Wrist Pull Downs. Extend your Right Arm / Left Arm out with the palm up, grab the finger tips with opposite arm and pull fingers down/back creating the stretch.
- Wrist Pull Ups. Extend your arm out with the palm down, grab the finger tips with opposite arm and pull fingers up/back creating the stretch.
- Touch your toes (standing)
- Touch your toes (sitting with both leg straight out, legs spread apart, grab toes with opposite hand, each leg once)
- Triangle seat: Seated pull feet together in to the body and use elbows to push the knees flat to the ground.
- Jumping Jacks: 20 times.

## BASEBALL GRIP (15 MINUTES)



### BASEBALL GRIP REVIEW

- Proper four-seam grip. Hold the baseball using a four-seam grip. (See Fig. 1.1)
- Show two-finger (Fig. 1.2) and three-finger grips (Fig. 1.3). Index finger on the top of the ball, thumb on the bottom of the ball, middle finger on the top of the ball. The spacing between fingers should be about the size of a finger.
- Each player grabs a ball off of the ground to show the coach the four-seam grip. Each player will do five balls.

### DRILL

#### Toss/Catch/Four-Seam Grip:

Each player will start with a ball. The player will throw the ball in the air, work on catching with two hands above the waist.

Once the ball is caught, the player will grip the ball with a four-seam grip and transition in to the "launch" position of throwing.

20 tosses each.



# PRACTICE SEQUENCE

## CATCHING AND THROWING (20 MINUTES)



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### CATCHING REVIEW

- **Two-Hand Target (2HT)** When playing catch, the thrower should not deliver the ball until the receiver shows the thrower a two-hand target.

The 2HT is when the player receiving the ball has both arms extended straight out from their body with a little flex in the elbow. Hands straight up, with thumbs toward each other, once the thrower sees this, they may deliver the ball. This is the 2HT. (See Fig. 2.1)

- **Thumb-to-Thumb (T2T)** When receiving the ball above the waist the receiver should show a 2HT and catch the ball thumb-to-thumb.

This is important because it emphasizes using two hands to catch the ball. This will allow the receiver to quickly make the transition from their glove to their throwing hand, while using the four-seam grip. (see Fig. 2.2)

- **Pinky-to-Pinky (P2P)** When receiving the ball below the waist the receiver should show a 2HT and catch the ball pinky-to-pinky.

Just like T2T this is equally important because it stresses using two hands and teaches the proper way to catch a ball below the waist. (See Fig. 2.3 & 2.4)

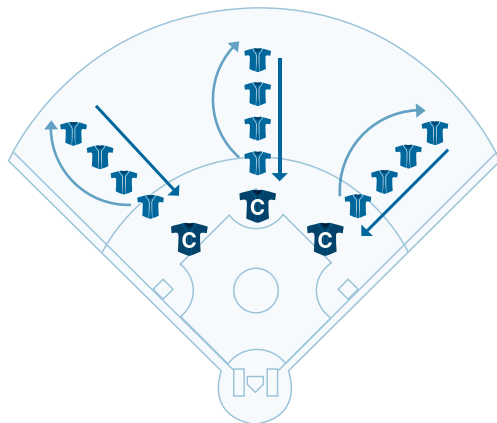


2.1

2.2

2.3

2.4



### DRILL

The coach will throw the ball to the players below the waist to work on the pinky-to-pinky, two-hand technique. Players will line up in three, single-file lines of four players each. One coach per line; 15 to 20 throws per player, rotate after each throw.

### GAME: CATCHING FOR POINTS

Award the player a point for each ball caught. The team with the most points wins.



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## THROWING REVIEW

- Do not throw until you see a Two-Hand Target (2HT)
- Use a four-seam grip.
- **FIVE STEPS OF THROWING**

### Step One: Step

Start square to your partner, step towards your partner with the foot of your throwing hand. Plant your foot with the inside of the foot facing the receiver, this will align the glove shoulder to your partner. (Fig. 3.1, Pg. 5)

### Step Two: Shoulder-to-Partner

You will want to have your glove shoulder facing your partner. The thrower's hands are to move downward towards the center of their body until they separate. This will lead you to the launch, which is the next step. (Fig. 3.2, Pg. 5)

### Step Three: Launch

At this point the thrower will turn their thumbs in to get the elbows up putting the arms in the launch position. The ball will be in the throwing hand away from the receiver with a four-seam grip and the knuckles of the throwing hand facing the receiver. (Fig. 3.3 Pg. 5)

### Step Four: Delivery

The thrower should stay behind the ball when throwing and snap their wrist when throwing to the receiver. (Fig. 3.4)

### Step Five: Finish

The thrower's weight will continue towards the receiver and the arm will follow through to the 2HT. (Fig. 3.5)



3.1 Step



3.2 Shoulder-to- Partner



3.3 Launch



3.4 Delivery



3.5 Finish

## THROWING (REVIEW DRILL)

- Start in the launch position
- Focus on the 2HT
- Use four-seam grip

## DRILL

Add the Step and Shoulder to Partner to complete all five steps of the throwing sequence. Ten throws, really focusing on putting all five steps together.

## GAME: HULA HOOPS

Players will line up in three, single-file lines of four players each. Set up a hula hoop on the fence/back stop and have players see how many throws out of five throws go through the hula hoop.





# PRACTICE SEQUENCE

INTRO

**BREAK (3 MINUTES)**

**HITTING**



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3.1

## HITTING REVIEW

### – One: Grip

Each player will take a bat. Place both hands out flat and lay the bat at the base of the fingers. Lightly wrap your fingers around the bat. This grip will align the players knocking knuckles. The knuckles are to be in a straight line or slightly shifted either way.

### – Two: Stance

Have the players get into an athletic position, with knees bent slightly and feet shoulder-width apart. There should be more weight on the back foot, the distribution should be about 40 percent on the front foot and 60 on the back foot.

### – Three: Coverage

The barrel of the bat must be able to reach across the entire width of the plate once the player's arms are extended. Have the player get in their stance; place the bat at the opposite corner of the plate closest to the catcher. You want to make sure that your stance allows you to have complete plate coverage, so you can hit the outside pitch.



3.2

3.3

## DRILL

### Dry Swings

Each coach will have four players in their group. The players will be about 10 to 12 feet away from each other. They will place their fielding glove on the ground and use it as home plate. The coach will have each player take a swing on command and work with them to correct their swing. (10 Swings)

On one knee, a coach will throw from about 30 feet away from the plate. (The use of a protective "L" screen is highly recommended.) Each player will properly grip the bat, get into an athletic stance, and make sure to cover the plate. The coach will throw five pitches to each player. Split the team into three teams of four players. The other three players will be outside the fence waiting to hit. Once all players on Group A have hit, then Group B, who was in the infield, will hit, and group C, who was in the outfield, will move into the infield. Group A will move out to the outfield. Rotate through until all groups have had a chance to hit, play the infield, and play the outfield.



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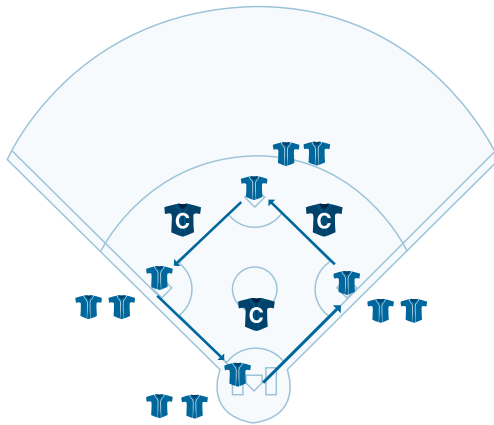
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## BASE RUNNING (15 MINUTES)



### BASE RUNNING REVIEW

- Purpose of base running and how to score.
- Running through first base (three times each)



### DRILL

#### Merry-Go-Round:

This is a fun drill that will allow the players to run the bases and get an understanding of how to run base to base. Start with an even number of players at each base, including home plate. One player will approach the plate with a bat with one player on each base.

They will get a proper grip on the bat. They will get in their stance and check to see their plate coverage. Once the coach says "go," the player will swing the bat like they just hit the ball and will run toward first base. This will set the drill in motion. The player on first base will run to second base.

The player at second base will run to third base. The player on third bases will run to home plate. Each player will go to the end of the line at the next base. Continue this drill until each player has "hit" two-to-three times.

## FIELDING (15 MINUTES)



### FIVE STEPS OF FIELDING

- **Step One: Creeper Steps**  
Player will take two steps towards the hitter. First step is with the throwing hand, second step is with the glove hand. The glove foot will be slightly out front of the throwing foot. (Fig. 4.1)
- **Step Two: Bend Knees / Lower Torso Down**  
Player will have knees bent and will have their body lowered down so that their glove is touching the ground in a "ready" position. Imagine sitting down on a chair; now come off of that chair where you are barely standing above it. This will be the position that you need to be in. (Fig. 4.2)
- **Step Three: Glove Out Front**  
Player will be in ready position with their arms extended out in front of their body. The palm of the glove will be facing the hitter and low to the ground. The throwing hand should be above the glove forming the mouth of an alligator. (Fig. 4.3)
- **Step Four: Receive / Suck / Funnel / Move**  
Players will field the ball out in front of their body with "alligator hands" and bring the ball into their mid-section. At this time the player will use the throwing hand of the alligator hands to grip the ball in a four seam grip. At the same time the player should move their body, throwing foot then glove foot towards the direction where the throw will be made. When finished with this step, the shoulder of the glove hand should be pointed at the target. (Fig. 4.4)
- **Step Five: Throw to Target**  
The ball will be in the launch position. From this position the player will deliver the ball to the target. (Fig. 4.5)



# PRACTICE SEQUENCE

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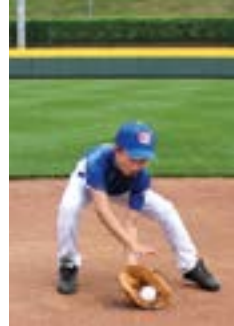
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4.1 Creeper Steps



4.2 Bend Knees / Lower Torso



4.3 Glove Out-Front



4.4 Receive / Suck / Funnel / Move



4.5 Throw to Target



5.1

5.2

## DRILL

### Alligator Hands:

Players will be in the third step of the five steps of fielding (glove out front Fig. 5.1). Players will do this drill with their gloves. Coaches will have 3 to 4 players in each of their lines.

Coaches will roll balls to players once they are in proper fielding position. Players will field the ball out in front of their body with glove hand down and throwing hand on top of the "alligator mouth" (Fig. 5.2) and perform step four and five throwing the ball back to the coach.

## CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week and remind players of next event (practice/game)
- Dismiss



# COACH PITCH

## WEEK THREE

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### PRACTICE GOALS: What Your Team Should Learn

1. How to hold a ball with a four-seam grip out of the glove
2. Successfully throw from a knee to a two-hand target using a four-seam grip
3. Round first base
4. Attempt to catch the ball using two hands below the waist
5. Properly grip a bat; hit the ball off a tee
6. Field with two hands

### MATERIALS:

- Batting Helmets
- Bases
- Baseball Bats (various sizes)
- Baseballs (two buckets)
- Batting Tee
- Gloves



## POSITIVE COACHING ALLIANCE (PCA) | WEEKLY TIPS

### PRACTICE 1 TIP: Honoring the Game (ROOTS)

To help your players remember to be good sports and “Honor the Game” even when you lose, you can use the word ROOTS.

ROOTS stands for respect for the ...

**R**ULES  
**O**PPONENTS  
**O**FFICIALS  
**T**EAMMATES  
**S**ELF

If you win by dishonoring the game, you can't be proud of that win. And the reverse is true. If you “Honor the Game” and you lose, you can still feel good, even though you are disappointed that you lost.

### PRACTICE 2 TIP: Mistakes as Learning Opportunities

Even the best players make mistakes, it's inevitable. But great players don't fear mistakes, they understand that mistakes are learning opportunities, and they bounce back right away and learn from them to get better!

**Make it known that on this team, mistakes are OK. Use the mistake ritual to remind each other of this and to signal to others that you are moving on.**

Seeing mistakes as learning opportunities is important in sports, school, and life.



# QUICK PLAN

## 90 MINUTES

- INTRO
- PROGRAM TIPS
- PROGRAM OUTLINE
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- WEEK 3**
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**3 MINUTES**

### INTRODUCTION

- Welcome players
- Review names (players and coaches)
- Focus on the reason for being there/PCA tip of the week

**7 MINUTES**

### STRETCHING AND WARM UPS

- Players run along the fence with the team
- Coach leads the team in a series of leg and arm stretches
- Finish with 20 Jumping Jacks
- (See full practice plan for complete instructions)

**10 MINUTES**

### BASEBALL GRIP

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Show players two-and three-finger grips
- Players demonstrate correct grip by grabbing balls out of bucket
- Toss/Catch/Grip

**25 MINUTES**

### CATCHING AND THROWING

- Review two-hand target
- Coaches show how to catch thumb-to-thumb
- Coaches show how to catch pinky-to-pink
- No throwing until you see a two-hand target
- Focus catching the ball below the waist
- 5 Steps of Throwing
- Start in "launch" position
- Focus on two-hand target and four-seam grip
- Add steps one and two to the five steps
- Players will take a knee and throw to each other

**3 MINUTES**

### BREAK

**17 MINUTES**

### HITTING

- Players will grip the bat with "knocking knuckles" lined up or shifted slightly
- "Athletic" Stance
- Bat should be able to "cover" the entire plate
- Dry Swings
- Coach will throw from knee (behind and "L" screen)
- (See full practice plan for complete instructions)

**15 MINUTES**

### BASE RUNNING

- Run through first base
- Round first base
- Players will simulate an At-Bat and hit the ball
- Run from home through first base
- Run from first base to second base
- Run from second base to third base
- Run from third base to Home
- See full practice for complete instructions

**10 MINUTES**

### FIELDING

- Review 5 Steps of Fielding
- Alligator Hands

### CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week
- Remind of next event (practice/game)



# PRACTICE SEQUENCE

## INTRODUCTION (3 MINUTES)

- Review the names of the coaches and players, review the purpose for being at the field and show enthusiasm to start practice. Split players into three groups that are different from last week. Have each player tell you their favorite baseball player.

## STRETCHING AND WARMUPS (7 MINUTES)

- **First have the team run along the outfield fence and gather in the opposite outfield from which you started.**

### POSITION FITNESS

- Start at home plate. Each player will do five squats, making sure their knees don't go over their toes. Bend in the same way you would sit in a chair, then stand straight again.
- Run to first base, once there, do high and low reaches.
- In a good athletic position, laterally shuffle to second base and back to where the second baseman would be positioned, there do five jumping jacks.
- Run to second base, where each player will do ten arm windmills forward and backwards.
- Shuffle to third base, where each player will do the number of push-ups as the weeks of practice, up to six.
- Run to home plate, do five squats and then jog to the pitcher's mound, where you will finish with front and back arm circles.

## BASEBALL GRIP (15 MINUTES)



### BASEBALL GRIP REVIEW

- Proper four-seam grip. Hold the baseball using a four-seam grip. (See Fig. 1.1)
- Show two-finger (Fig. 1.2) and three-finger grips (Fig. 1.3). Index finger on the top of the ball, thumb on the bottom of the ball, middle finger on the top of the ball. The spacing between fingers should be about the size of a finger.
- Each player grabs a ball off of the ground to show the coach the four-seam grip. Each player will do five balls.

### DRILL

#### Toss/Catch/Four-Seam Grip:

Each player will start with a ball. The player will throw the ball in the air, work on catching with two hands above the waist. Once the ball is caught, the player will grip the ball with a four-seam grip and transition in to the "launch" position of throwing. 20 tosses each.

#### GAME: TOSS/CATCH/GRIP RELAY

Four teams of three players each. Players will be in a straight line about 10 feet apart. Once the first player completes the drill the next player will go. This relay is the first team to complete two or three successful rounds.

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# PRACTICE SEQUENCE

## CATCHING AND THROWING (25 MINUTES)



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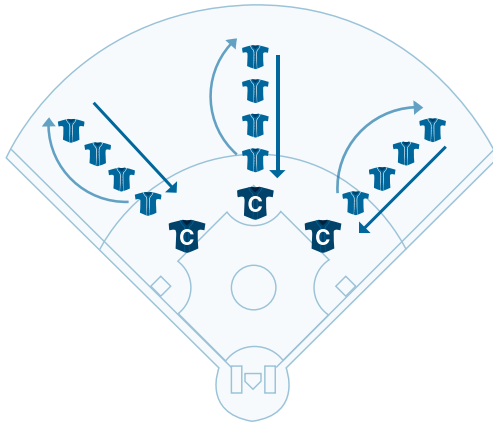
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### CATCHING REVIEW

- Two-Hand Target (2HT)
- Thumb-to-Thumb (T2T)
- Pinky-to-Pinky (P2P) Drill

### HOME PLATE RELAY RACE



### DRILL

Review Pinky-to-Pinky catching. Coaches will have the players line up into three single file lines of four players each. One coach per line will throw each player 10 balls.

The coach will throw the ball to players above the waist, to work on thumb to thumb, two hand technique. Players will line up in three single file lines of four players each. One coach per line 15-20 throws per player, rotate after each throw.

### GAME:

Award the player a point for each ball caught. Team with the most points wins.

### THROWING REVIEW

- Do not throw until you see a Two-Hand Target (2HT)
- Use a four-seam grip.
- **FIVE STEPS OF THROWING**

#### Step One: Step

Start square to your partner, step towards your partner with the foot of your throwing hand. Plant your foot with the inside of the foot facing the receiver, this will align the glove shoulder to your partner. (Fig. 2.1)

#### Step Two: Shoulder-to-Partner

You will want to have your glove shoulder facing your partner. The thrower's hands are to move downward towards the center of their body until they separate. This will lead you to the launch, which is the next step. (Fig. 2.2)

#### Step Three: Launch

At this point the thrower will turn their thumbs in to get the elbows up putting the arms in the launch position. The ball will be in the throwing hand away from the receiver with a four-seam grip and the knuckles of the throwing hand facing the receiver. (Fig. 2.3)

#### Step Four: Delivery

The thrower should stay behind the ball when throwing and snap their wrist when throwing to the receiver. (Fig. 2.4)

#### Step Five: Finish

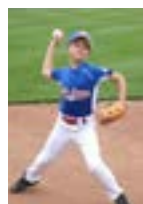
The thrower's weight will continue towards the receiver and the arm will follow through to the 2HT. (Fig. 2.5)



2.1 Step



2.2 Shoulder-to-Partner



2.3 Launch



2.4 Delivery



2.5 Finish



# PRACTICE SEQUENCE

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## THROWING (REVIEW DRILL)

- Start in the launch position focusing on the 2HT and four-seam grip. Continue drill for 15 to 20 throws
- Add the Step and Shoulder to Partner to the throwing sequence. Ten throws total with the player focusing on putting all five steps together.

### DRILL

Partner players with like abilities together. Have each player each player 15 feet apart to start. Each player will take a knee with their glove hand knee raised and throwing hand knee in the ground. This will get the directional shoulder pointed at the two hand target and reinforce the delivery step of throwing. It will also work on thumb to thumb catching technique.

## BREAK (3 MINUTES)

## HITTING (17 MINUTES)



### HITTING REVIEW

- How to grip a bat and get into a proper stance with full plate coverage.
- Coach will throw from knee. Three pitches hit for each player.
- Dry Swings

### DRILL 1

Each player will hit five balls off of a tee into a net or fence. They will do this while waiting to hit live from the coach. Players will still be in three groups, A, B, and C. Do this three times.

### DRILL 2

To get the players used to looking for the ball out of the pitcher's hand, have a coach act like the pitcher with the hitter in the box with a helmet on. The coach will fake a pitch but will hold up a number of fingers as he does it. The player has to call out the number of fingers the coach is holding up as soon as he sees them.

## BASE RUNNING (15 MINUTES)



- Purpose of base running and how to score
- Run through first base

### DRILL

#### Rounding First Base:

Players will get into one line on the grass beside home plate toward the third base dugout. Players will go up to the plate with a bat, get into their stance, and make sure they cover the plate. Players will swing as if they are hitting the ball, they will drop the bat after two steps to the right, along the first base line. They will run about 45 feet in a straight line towards first.

Once they are about 10 to 15 feet before first base the runner will bow out to the right making their path from home look like similar to a question mark (?) once they round first base. This will allow the runner to round first base and start to head towards second base. For this drill the runner will go about 10 to 15 feet beyond first base looking toward the outfielder who fielded the ball and return to first base. Do this drill five times each.







# PRACTICE SEQUENCE

INTRO

## FIELDING (10 MINUTES)



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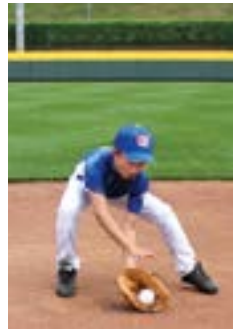
### FIELDING REVIEW



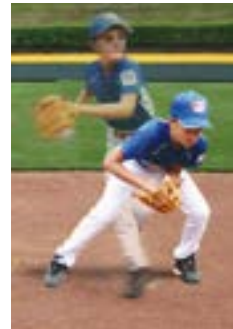
4.1 Creeper Steps



4.2 Bend Knees / Lower Torso



4.3 Glove Out-Front



4.4 Receive / Suck / Funnel / Move



4.5 Throw to Target



5.1 5.2

### DRILL 1

#### Alligator Hands:

Players will be in the third step of the five steps of fielding (glove out front Fig. 5.1). Players will do this drill with their gloves. Coaches will have three-to-four players in each of their lines.

Coaches will roll balls to players once they are in proper fielding position. Players will field the ball out in front of their body with glove hand down and throwing hand on top of the "alligator mouth" (Fig.5.2) and perform step 4.4 and 4.5 throwing the ball back to the coach.

#### Drill Options:

You keep the three groups and award each successfully fielded ball with one point and the team with the most points wins. You can also play "Knockout." Have the players come back together as a large group and once a player misses a ground ball that player sits out until you have a winner.

### DRILL 2

Players take off their hat, flip it over and place the brim of the hat in their mouth. This will force the players to field the ball completely out in front of them, having the hat forces the player to look beyond the glove by watching the ball into the glove.

### CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week and remind players of next event (practice/game)
- Dismiss



# COACH PITCH WEEK FOUR

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## PRACTICE GOALS: What Your Team Should Learn

1. Run the bases
2. Catching a ball using two hands above the waist
3. Consistently hit the ball off a tee
4. To see the ball from the coaches hand when hitting

## MATERIALS:

- Batting Helmets
- Bases (four)
- Baseball Bats (various sizes)
- Baseballs (two buckets)
- Batting Tee
- Gloves
- "L" Screen



## POSITIVE COACHING ALLIANCE (PCA) | WEEKLY TIPS

### PRACTICE 1 TIP: Trying Hard (DIMITT)

In order to improve, you need to give your best efforts at every practice and in every game. Many people think that talent is the most important thing in being good at a sport (or anything else in life). The common philosophy is that either you are good at something or you aren't, but really **any of us can get better if we work hard and have determination to improve.**

That's why we say "Determination is More Important Than Talent"

**D**ETERMINATION  
**I**S  
**M**ORE  
**I**MPORTANT  
**T**HAN  
**T**ALENT

Have your players use this mantra whenever things seem to be getting hard. **We are going to have days when things come easily, and days when it seems really hard, and remember that determination is more important than talent.**

### PRACTICE 2 TIP : Self-Control (Cool Head)

In sports, and in life, sometimes things happen that make us mad or frustrated. For example, a "questionable" call by the official or a mistake by a teammate. Reacting strongly to these things can hurt our performance and that of our team. And sometimes we might react in a way that embarrasses ourselves or our team.

**A self-control routine is something we can use to stay poised in these situations. Like taking a deep breath or clapping three times or tapping your head twice to remind yourself to keep a "cool head."**



# QUICK PLAN

## 90 MINUTES

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**3 MINUTES**      **INTRODUCTION**

- Welcome players
- Review names (players and coaches)
- Focus on the reason for being there/PCA tip of the week

**7 MINUTES**      **STRETCHING AND WARM UPS**

- Players run along the fence with the team
- Coach leads the team in a series of leg and arm stretches
- Finish by running around the bases twice
- (See full practice plan for complete instructions)

**10 MINUTES**      **BASEBALL GRIP**

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Show players two-and three-finger grips
- Players demonstrate correct grip by grabbing balls off the ground
- Toss/Catch/Grip (Players will toss the ball for their partners to catch)

**25 MINUTES**      **CATCHING AND THROWING**

- Review two-hand target
- Coaches show how to catch thumb-to-thumb
- Coaches show how to catch pinky-to-pink
- No throwing until you see a two-hand target
- 5 Steps of Throwing
- Focus on two-hand target and four-seam grip
- Players throw to partner in the "launch" position from knee

**3 MINUTES**      **BREAK**

**15 MINUTES**      **HITTING**

- Players will grip the bat with "knocking knuckles" lined up or shifted slightly
- "Athletic" stance
- Bat should be able to "cover" the entire plate
- Each player will hit three balls from a coach throwing off his knee behind an "L" screen
- Players will hit five balls off a tee (three times each)
- (See full practice plan for complete instructions)

**12 MINUTES**      **BASE RUNNING**

- Run through and round first base
- Review "merry-go-round" drill; do twice
- Run from home through second base
- (See full practice plan for complete instructions)

**15 MINUTES**      **FIELDING**

- Review 5 Steps of Fielding
- "Creeper" steps
- "Alligator" hands
- "Dry" ground balls
- Throw to first base

**CONCLUSION**

- High fives
- Review what they learned/PCA Tip of the Week
- Remind of next event (practice/game)



# PRACTICE SEQUENCE

## INTRODUCTION (3 MINUTES)

- Review the names of the coaches and players, review the purpose for being at the field and show enthusiasm to start practice. Split players into three groups that are different from last week. Have each player tell you their favorite class in school.

## STRETCHING AND WARMUPS (7 MINUTES)

- **First, have the team run along the outfield fence and gather in the opposite outfield from which you started.**
  - Arm Circles: Short circles forward/backward, big circles forward/backward.
  - Arm above the head and try to grab the middle of your back. Use the opposite arm to push arm down as far as you can reach.
  - Right arm across the body, grab the elbow to stretch.
  - Wrist Pull Downs: Extend your Right Arm / Left Arm out with the palm up, grab the finger tips with opposite arm and pull fingers down/back creating the stretch.
  - Wrist Pull Ups: Extend your arm out with the palm down, grab the finger tips with opposite arm and pull fingers up/back creating the stretch.
  - Touch your toes (standing)
  - Touch your toes (sitting with both leg straight out, legs spread apart, grab toes with opposite hand, each leg once)
  - Triangle seat: Seated pull feet together in to the body and use elbows to push the knees flat to the ground.
- 
- **Play statuses:** This is the classic game of freeze tag. Split players into two groups of six. One group is between first and second base, while the other group is between second and third base. Once a player is tagged, they will freeze like a statue, continue until all players are tagged.

## BASEBALL GRIP (15 MINUTES)



1.1

1.2

1.3



### BASEBALL GRIP REVIEW

- Proper four-seam grip. Hold the baseball using a four-seam grip. (See Fig. 1.1)
- Show two-finger (Fig. 1.2) and three-finger grips (Fig. 1.3). Index finger on the top of the ball, thumb on the bottom of the ball, middle finger on the top of the ball. The spacing between fingers should be about the size of a finger.
- Each player grabs a ball off of the ground to show the coach the four-seam grip. Each player will do five balls.
- Review the toss/catch/four-seam grip. Have each player will do 10 repetitions.

### DRILL

Players will with be partnered with someone of similar ability. The partner will toss the ball and the receiver will catch the ball with two hands and transition into a four-seam grip. Once the thrower shows a two hand target (2HT) the receiver will toss the ball back. Continue this drill for 15 throws each

### GAME: FOUR-SEAM RELAY RACE

Each player will run up and show their coach the four-seam grip. Once they return to the back of their line the next player can go. Do this until all players in their line have gone. The relay is to be done after the drill.

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# PRACTICE SEQUENCE

## CATCHING AND THROWING (25 MINUTES)



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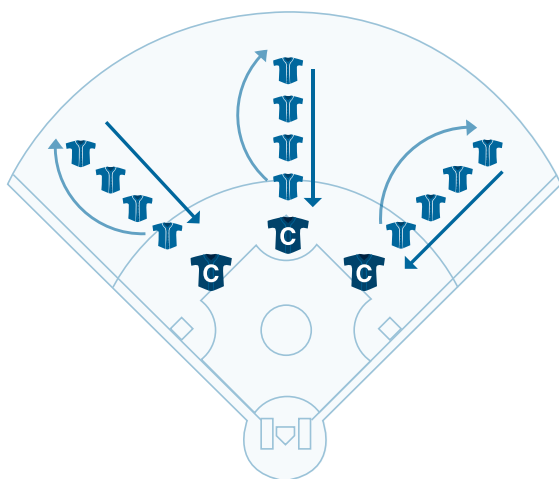
WEEK 11

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### CATCHING REVIEW

- Two-Hand Target (2HT)
- Thumb-to-Thumb (T2T)
- Pinky-to-Pinky (P2P) Drill

### CATCHING DRILL



### DRILL

Review Pinky-to-Pinky catching. Coaches will have the players line up into three single file lines of four players each. One coach per line will throw each player 10 balls.

The coach will throw the ball to players above the waist, to work on thumb to thumb, two hand technique. Players will line up in three single file lines of four players each. One coach per line 15-20 throws per player, rotate after each throw.

### GAME:

Award the player a point for each ball caught. Team with the most points wins.

### THROWING REVIEW

- Do not throw until you see a Two-Hand Target (2HT)
- Use a four-seam grip.
- **FIVE STEPS OF THROWING**

#### Step One: Step

Start square to your partner, step towards your partner with the foot of your throwing hand. Plant your foot with the inside of the foot facing the receiver, this will align the glove shoulder to your partner. (Fig. 2.1, Pg. 5)

#### Step Two: Shoulder to Partner

You will want to have your glove shoulder facing your partner. The thrower's hands are to move downward towards the center of their body until they separate. This will lead you to the launch, which is the next step. (Fig. 2.2, Pg. 5)

#### Step Three: Launch

At this point the thrower will turn their thumbs in to get the elbows up putting the arms in the launch position. The ball will be in the throwing hand away from the receiver with a four-seam grip and the knuckles of the throwing hand facing the receiver. (Fig. 2.3, Pg. 5)

#### Step Four: Delivery

The thrower should stay behind the ball when throwing and snap their wrist when throwing to the receiver. (Fig. 2.4, Pg. 5)

#### Step Five: Finish

The thrower's weight will continue towards the receiver and the arm will follow through to the 2HT. (Fig. 2.5, Pg.5)



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2.1 Step



2.2 Shoulder-to-Partner



2.3 Launch



2.4 Delivery



2.5 Finish

## THROWING (REVIEW DRILL)

- Start in the launch position focusing on the 2HT and four-seam grip. Continue drill for 15 to 20 throws
- Add the Step and Shoulder to Partner to the throwing sequence. Ten throws total with the player focusing on putting all five steps together.

## DRILL

Partner players with like abilities together. Have each player each player 15 feet apart to start. Each player will take a knee with their glove hand knee raised and throwing hand knee in the ground. This will get the directional shoulder pointed at the two hand target and reinforce the delivery step of throwing. It will also work on thumb to thumb catching technique.

## BREAK (3 MINUTES)

## HITTING (15 MINUTES)



## HITTING REVIEW

- How to grip a bat and get into a proper stance with full plate coverage.
- Dry Swings

## DRILL 1

Each player will hit five balls off of a tee into a net or fence. They will do this while waiting to hit live from the coach. Players will still be in three groups, A, B, and C. Do this three times.

## DRILL 2

To get the players used to looking for the ball out of the pitcher's hand, have a coach act like the pitcher with the hitter in the box with a helmet on. The coach will fake a pitch but will hold up a number of fingers as he does it. The player has to call out the number of fingers the coach is holding up as soon as he sees them.

## DRILL 3

### GAME: CONDITIONING

Split the group into two teams. The first team hits while the other is in the field. A coach pitches (protected by an "L" screen). The first batter hits the ball and starts to run the bases. The team in the field all run to the ball and line up behind it. They pass the ball through the legs of each player until the last player at the end of the line gets it and throws it to the coach who is pitching. When the ball gets to the coach, the runner stops. Each base touched counts as one point for the team. Immediately the next hitter gets a pitch and the same thing happens. Once every player hits once, the total bases for the team are added up for their score. They take the field, and the other team comes in to hit and tries to beat their score. This game is more fun with live hitting and hustling around the bases mixed in.



# PRACTICE SEQUENCE

## BASE RUNNING (12 MINUTES)



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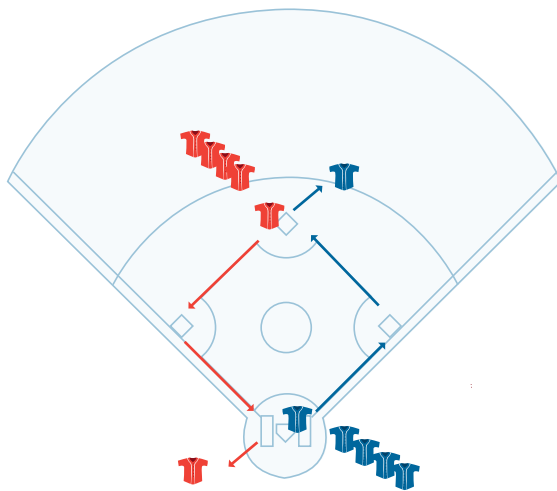
WEEK 11

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### BASE RUNNING REVIEW

- Purpose of base running and how to score
- Merry-Go-Round two times each
- Two ways of running to first base two times for each way

### HOME PLATE RELAY RACE



### DRILL

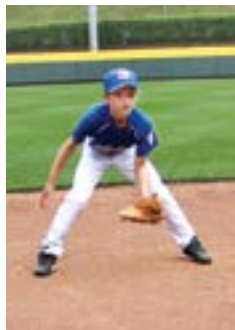
#### Home Plate Relay Race

Break players into teams of six. Six players will start at home plate. Five players will line up in the grass to the right of home plate and one player will put their foot on the outside corner of home plate closest to first base to start the drill. This team will run from home plate to second base. Once their teammate touches second base, the next player in line will run to second base, once there they will take a seat in the grass. Six players will start at second base. Five players will line up in the grass behind of second base. One player will start with their foot on the edge of second base towards third base and run from second base to home plate. Once their teammate crosses home, the next player will replace the previous player.

## FIELDING REVIEW (15 MINUTES)



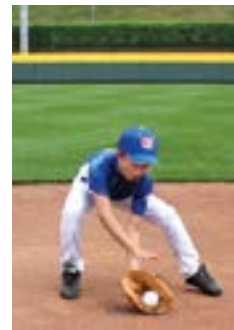
### FIELDING REVIEW



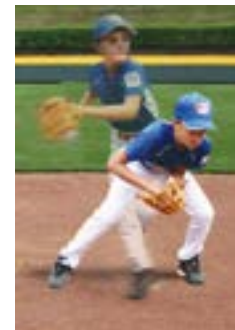
4.1 Creeper Steps



4.2 Bend Knees / Lower Torso



4.3 Glove Out-Front



4.4 Receive / Suck / Funnel / Move



4.5 Throw to Target

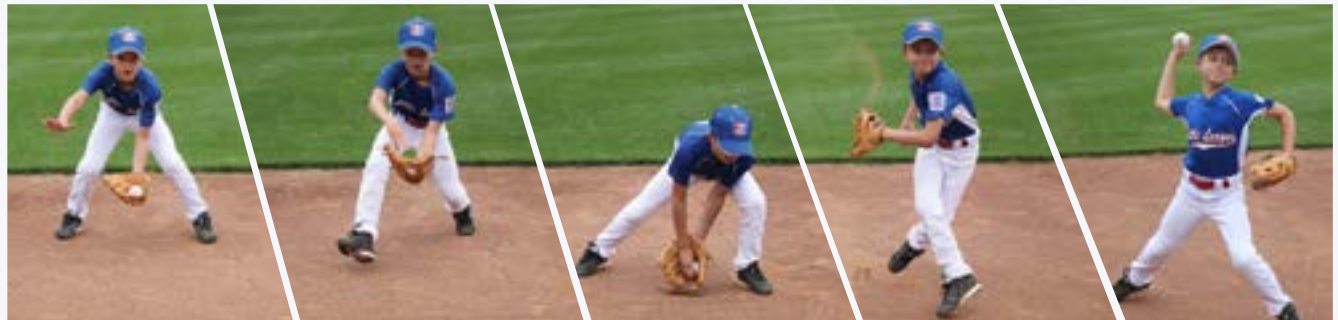


# PRACTICE SEQUENCE

## DRILL 1

### Dry Ground Ball

Players will start with the ball in their gloves. Do the first three steps of fielding. From this point, the coach will instruct the player which type of ball they are going to field. Player will perform the drill and finish by throwing to a coach at first base. Players will go to the end of the line and grab another ball from the bucket. Each player will do five to ten balls each.



## DRILL 2

Have players field groundballs without a glove. The ball is to be rolled to their left and right to develop lateral movement. This will make the players move laterally and field the ball with two hands.

## CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week and remind players of next event (practice/game)
- Dismiss

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# COACH PITCH

## WEEK FIVE

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### PRACTICE GOALS: What Your Team Should Learn

1. Successfully throw to a two hand target using a four-seam grip
2. Attempt to catch a fly ball using two hands
3. To separate their hands when throwing
4. The last three steps of fielding a ground ball

### MATERIALS:

- Batting Helmets
- Bases (four)
- Baseball Bats (various sizes)
- Baseballs (two buckets)
- Batting Tee
- Buckets (three)
- Cones (five)
- Gloves
- "L" Screen
- Plastic Balls



## POSITIVE COACHING ALLIANCE (PCA) | WEEKLY TIPS

### PRACTICE 1 TIP: Teachable Spirit (WAG)

You want your players to learn and get better every week this season. That means they need to have a "Teachable Spirit."

People often stop learning, because while they are learning something new, and they are not yet good at it, they don't want to look foolish. When actually, the foolish person is the one who stops learning.

When it's time for your team to learn, you can WAG! The letters W-A-G help us remember how to learn.

**W**ATCH  
**A**SK  
**G**ET COACHING

**W** is for Watch. Your players can learn a lot just by watching someone do something that they want to know how to do.

**A** is for Ask. Many people don't ask questions because they think it makes them look silly. But the opposite is true. It's smart to ask questions!

**G** is for Get Coaching. Your players can go to a coach to help them learn what they want to learn.

### PRACTICE 2 TIP : 2-Roots (Rules)

**The R in ROOTS is "Respect for the Rules."**

Respect for the Rules means we follow rules even when we think we can get away with breaking them.

We want to win, but we will never intentionally break the rules, because that dishonors the game. We try to win the game the way the game is supposed to be played!

ROOTS stands for respect for the ...

**R**ULES  
**O**PPONENTS  
**O**FFICIALS  
**T**EAMMATES  
**S**ELF



# QUICK PLAN

## 90 MINUTES

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**3 MINUTES**

### INTRODUCTION

- Welcome players
- Review names (players and coaches)
- Focus on the reason for being there/PCA tip of the week

**5 MINUTES**

### STRETCHING AND WARM UPS

- Players run along the fence with the team
- Coach leads the team in a series of leg and arm stretches
- Finish with 20 Jumping Jacks
- (See full practice plan for complete instructions)

**10 MINUTES**

### BASEBALL GRIP

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Show players two-and three-finger grips
- Players demonstrate correct grip by grabbing balls off the ground
- Toss/Catch/Grip

**25 MINUTES**

### CATCHING AND THROWING

- Review two-hand target
- Coaches show how to catch thumb-to-thumb
- Coaches show how to catch pinky-to-pink
- Focus on catching the ball above / below the waist
- 5 Steps of Throwing
- Focus on two-hand target and four-seam grip
- Add steps one and two to the five steps
- Hand separation drill

**3 MINUTES**

### BREAK

**15 MINUTES**

### HITTING

- Proper grip
- "Athletic" Stance
- Bat should be able to "cover" the entire plate
- Each player will hit three balls from a coach throwing off his knee behind an "L" screen
- Hit 5 balls off a tee
- Cone game
- (See full practice plan for complete instructions)

**12 MINUTES**

### BASE RUNNING

- Review "Merry-Go-Round" drill
- Home to second base / second base to home relay
- (See full practice plan for complete instructions)

**15 MINUTES**

### FIELDING

- Review 5 Steps of Fielding
- "Alligator" hands
- "Dry" ground balls / throw to first base
- Bare hands

### CONCLUSION

- Low fives
- Review what they learned/PCA Tip of the Week
- Remind of next event (practice/game)



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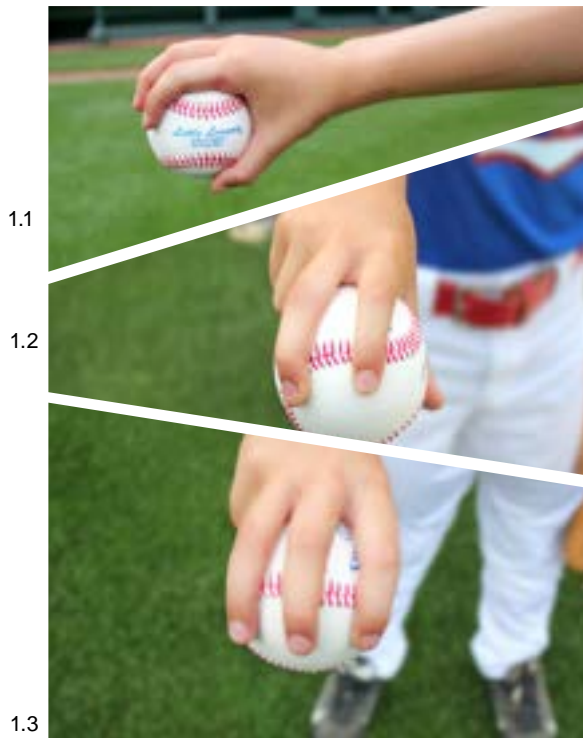
## INTRODUCTION (3 MINUTES)

- Review the names of the coaches and players, review the purpose for being at the field and show enthusiasm to start practice. Split players into three groups of four, with one coach per group. Coach will share what it means to be a good teammate, each player will share a way someone can be a good teammate.

## STRETCHING AND WARMUPS (7 MINUTES)

- **First have the team run along the outfield fence and gather in the opposite outfield from which you started.**
- Arm Circles: Short circles forward/backward, big circles forward/backward.
- Arm above the head and try to grab the middle of your back. Use the opposite arm to push arm down as far as you can reach.
- Right arm across the body, grab the elbow to stretch.
- Wrist Pull Downs: Extend your Right Arm / Left Arm out with the palm up, grab the finger tips with opposite arm and pull fingers down/back creating the stretch.
- Wrist Pull Ups: Extend your arm out with the palm down, grab the finger tips with opposite arm and pull fingers up/back creating the stretch.
- Touch your toes (standing).
- Touch your toes (sitting with both leg straight out, legs spread apart, grab toes with opposite hand, each leg once).
- Triangle seat: Seated pull feet together in to the body and use elbows to push the knees flat to the ground.
- Jumping Jacks: 20 times

## BASEBALL GRIP (10 MINUTES)



### BASEBALL GRIP REVIEW

- Proper four-seam grip. Hold the baseball using a four-seam grip (See Fig. 1.1)
- Show two-finger (Fig. 1.2) and three-finger grips (Fig. 1.3). Index finger on the top of the ball, thumb on the bottom of the ball, middle finger on the top of the ball. The spacing between fingers should be about the size of a finger
- Each player grabs a ball off of the ground to show the coach the four-seam grip. Each player will do five balls
- Review the toss/catch/four-seam grip. Have each player will do 10 repetitions

### DRILL

Players will with be partnered with someone of similar ability. The partner will toss the ball and the receiver will catch the ball with two hands and transition into a four-seam grip. Once the thrower shows a two hand target (2HT) the receiver will toss the ball back. Continue this drill for 15 throws each.



# PRACTICE SEQUENCE

## CATCHING AND THROWING (25 MINUTES)



### CATCHING REVIEW

- Two-Hand Target (2HT)
- Thumb-to-Thumb (T2T)
- Pinky-to-Pinky (P2P) Drill

### DRILL

The coach will throw plastic balls to a designated area in the air. Players will use a glove on their hands. Players will react to the throw and line up underneath the ball and try to make the catch with two hands, T2T if the ball is above the waist; P2P if the ball is below the waist. Have the players' line up into three single file lines of four players each. One coach per line 10 to 15 throws per player.

### THROWING REVIEW

- Do not throw until you see a Two-Hand Target (2HT)
- Use a four-seam grip
- **FIVE STEPS OF THROWING**

#### Step One: Step

Start square to your partner, step towards your partner with the foot of your throwing hand. Plant your foot with the inside of the foot facing the receiver, this will align the glove shoulder to your partner. (Fig. 2.1)

#### Step Two: Shoulder to Partner

You will want to have your glove shoulder facing your partner. The thrower's hands are to move downward towards the center of their body until they separate. This will lead you to the launch, which is the next step. (Fig. 2.2)

#### Step Three: Launch

At this point the thrower will turn their thumbs in to get the elbows up putting the arms in the launch position. The ball will be in the throwing hand away from the receiver with a four-seam grip and the knuckles of the throwing hand facing the receiver. (Fig. 2.3)

#### Step Four: Delivery

The thrower should stay behind the ball when throwing and snap their wrist when throwing to the receiver. (Fig. 2.4)

#### Step Five: Finish

The thrower's weight will continue towards the receiver and the arm will follow through to the 2HT. (Fig. 2.5)



2.1 Step



2.2 Shoulder to Partner



2.3 Launch



2.4 Delivery



2.5 Finish

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## THROWING (REVIEW DRILL)

- Start in the launch position focusing on the 2HT and four-seam grip. Continue drill for 15 to 20 throws
- Add the Step and Shoulder to Partner to the throwing sequence. Ten throws total with the player focusing on putting all five steps together

## DRILL

### Hand Separation:

Partner players with similar abilities. Have each player stand 15 to 20 feet apart. Each player will have his/her directional side toward the partner to start the drill. Hands together on the center of the body (chest) with ball pressed into glove with throwing hand. Elbows are down. The throwing hand and glove hand, move down the center of the together and separate with the thumbs turning in toward the body, moving the elbows up. This will put the thrower in the launch position: 20 to 25 throws, increasing distance after 10 and 20 throws.



**BREAK (3 MINUTES)**

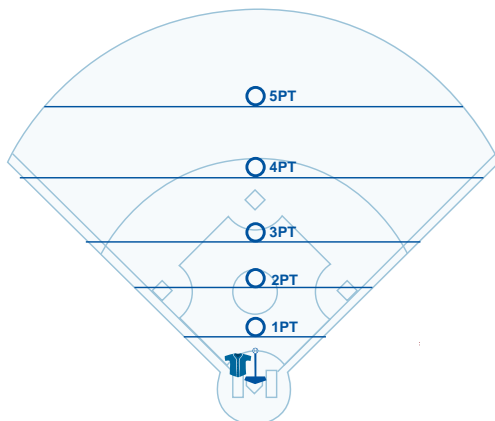
## HITTING (15 MINUTES)



## HITTING REVIEW

- How to grip a bat and get into a proper stance with full plate coverage
- Coach pitching from knee (live) two balls each
- Tee in to a net five balls

## HITTING DRILL



## DRILL

Each player will hit five balls off of a batting tee into the field. Do this three times. Coach will put five cones out in the field and give each cone a point value from five to one. Five points is awarded for the cone farthest away from the hitter, until the closest cone, which is worth one point.

Make sure that each player is approaching their at-bats as if it were in a game. Make sure to have proper grip, stance, and plate coverage. You can make teams or do it as individuals.



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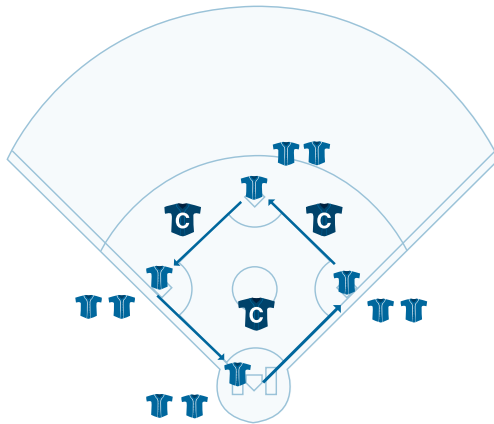
## BASE RUNNING REVIEW (12 MINUTES)



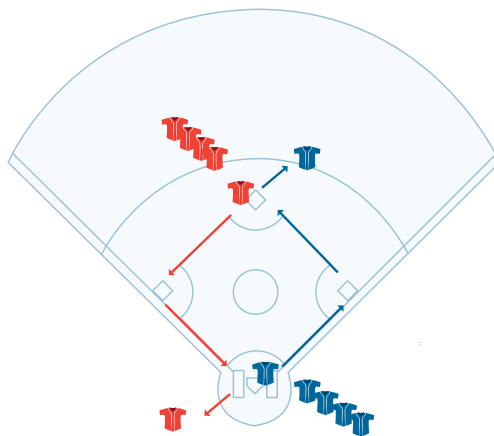
### BASE RUNNING REVIEW

- Purpose of base running and how to score
- Merry-Go-Round two times each
- Two ways of running to first base two times for each way

#### MERRY-GO-ROUND



#### HOME PLATE RELAY RACE



### DRILL

#### Merry-Go-Round

This is a fun drill that will allow the players to run the bases and get an understanding of how to run from base to base. Start with an even number of players at each base. Player will approach the plate with a bat. They will get a proper grip on the bat and assume their batting stance. They will check to see if their plate coverage is good. Once the coach says "Go!", the player will swing the bat like they just hit the ball and will run toward first base. This will set the drill in motion. The player at first base will run to second base. The player at second base will run to third base. The player on third base will run home. Each player will go to the end of the line at the next base. Continue this drill until each player has hit two-to-three times.

#### GAME: HOME PLATE RELAY RACE

Break players into teams of six. Six players will start at home plate. Five players will line up in the grass to the right of home plate and one player will put their foot on the outside corner of home plate closest to first base to start the drill. This team will run from home plate to second base. Once their teammate touches second base, the next player in line will run to second base, once there they will take a seat in the grass. Six players will start at second base. Five players will line up in the grass behind of second base. One player will start with their foot on the edge of second base towards third base and run from second base to home plate. Once their teammate crosses home, the next player will replace the previous player.



# PRACTICE SEQUENCE

## FIELDING REVIEW (15 MINUTES)



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WEEK 12

### FIELDING REVIEW

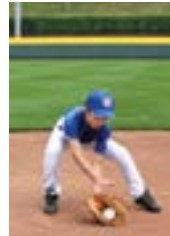
- Review Five Steps of Fielding



1. Creeper Steps



2. Bend Knees / Lower Torso



3. Glove Out-Front



4. Receive / Suck / Funnel / Move



5. Throw to Target



———— Alligator Hands ————



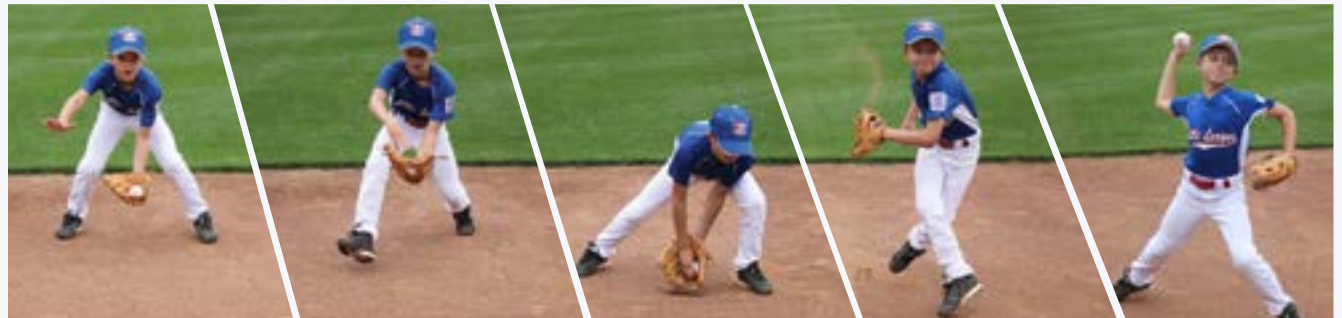
### DRILL 1

#### Dry Ground Ball

Players will start with the ball in their gloves. Do the first three steps of fielding. From this point, the coach will instruct the player which type of ball they are going to field. Players will perform the drill and finish by throwing to a coach at first base. Players will go to the end of the line and grab another ball from the bucket. Each player will do five to ten balls each.

#### GAME:

Each ball successfully thrown to the coach's chest at first base is worth two points. If the coach is able to catch the ball it is worth one point. No points are awarded for any ball that isn't catchable.



### DRILL 2

Players will not use a glove, only bare hands and field 10-to-15 balls each using the five steps of fielding. No throw is made and each ball is put into bucket.

### CONCLUSION

- Low fives
- Review what they learned/PCA Tip of the Week and remind players of next event (practice/game)
- Dismiss



# COACH PITCH

## WEEK SIX

INTRO

PROGRAM TIPS

PROGRAM OUTLINE

WEEK 1

WEEK 2

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WEEK 12

### PRACTICE GOALS: What Your Team Should Learn

1. Run from home plate to second base and run from second base to home plate
2. How to hit a ball from the drill soft toss
3. Play a game of 21

### MATERIALS:

- Batting Helmets
- Bases (four)
- Baseball Bats (various sizes)
- Baseballs (two buckets)
- Batting Tee
- Buckets (three)
- Gloves
- "L" Screen
- Plastic Balls



## POSITIVE COACHING ALLIANCE (PCA) | WEEKLY TIPS

### PRACTICE 1 TIP: ROOTS - Opponents (Dealing with Success)

ROOTS stands for respect for the ...

**R**ULES  
**O**PPONENTS  
**O**FFICIALS  
**T**EAMMATES  
**S**ELF

The first O in ROOTS is for Opponents. We always treat our opponents the way we want to be treated.

A worthy opponent is a gift. It's no fun when you don't have someone on the other side to compete against! It is wrong to act disrespectfully toward an opponent, even if they are disrespectful to us!

**One of the most important times to treat an opponent with respect is after your team wins the game.** Ask your players to remember how they feel when they have just lost.

### PRACTICE 2 TIP : Emotional Tank (Magic Ratio)

We talked a few weeks ago about making teammates better by filling their Emotional Tanks.

**Remember that praise fills tanks along with things like smiles and high-fives. Non-verbal tank-fillers are powerful.**

People do best when they get five tank-fillers for every criticism. We call 5-to-1 the "Magic Ratio" because with full tanks, people can excel on the field and off.





# QUICK PLAN

## 90 MINUTES

- INTRO
- PROGRAM TIPS
- PROGRAM OUTLINE
- WEEK 1
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- WEEK 7
- WEEK 8
- WEEK 9
- WEEK 10
- WEEK 11
- WEEK 12

**3 MINUTES**

### INTRODUCTION

- Welcome players
- Review names (players and coaches)
- Focus on the reason for being there/PCA tip of the week

**7 MINUTES**

### STRETCHING AND WARM UPS

- Position Fitness
- (See full practice plan for complete instructions)

**10 MINUTES**

### BASEBALL GRIP

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Show players two-and three-finger grips
- Players demonstrate correct grip by grabbing balls out of bucket
- Toss/Catch/Grip (Players will toss the ball for their partners to catch)

**25 MINUTES**

### CATCHING AND THROWING

- Review two-hand target
- Review thumb-to-thumb
- Review pinky-to-pink
- Catching the ball below the waist
- 5 Steps of Throwing
- Start in "launch" position
- Catch plastic ball pop ups
- Game of 21

**3 MINUTES**

### BREAK

**15 MINUTES**

### HITTING

- Properly grip a bat
- "Athletic" stance
- Bat should be able to "cover" the entire plate
- Soft Toss player will hit three ball, three times each
- "Dry" Swing Drill (10 swings)
- (See full practice plan for complete instructions)

**12 MINUTES**

### BASE RUNNING

- Base running cues
- Run from home to second base
- Run from first base to second base
- Run from first base to third
- (See full practice plan for complete instructions)

**15 MINUTES**

### FIELDING

- Review 5 Steps of Fielding
- "Creeper" steps
- "Alligator" hands
- "Dry" ground balls to first base
- Bare hands to first base

### CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week
- Remind of next event (practice/game)



# PRACTICE SEQUENCE

INTRO

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## INTRODUCTION (3 MINUTES)

- Review the names of the coaches and players, review the purpose for being at the field and show enthusiasm to start practice. Split players into three groups that are different from last week. Have each player share what they like most about baseball.

## STRETCHING AND WARMUPS (7 MINUTES)

- **First have the team run along the outfield fence and gather in the opposite outfield from which you started.**

### POSITION FITNESS

- Start at home plate. Each player will do five squats, making sure their knees don't go over their toes. Bend in the same way you would sit in a chair, then stand straight again.
- Run to first base, once there, do high and low reaches.
- In a good athletic position, laterally shuffle to second base and back to where the second baseman would be positioned, there do five jumping jacks.
- Run to second base, where each player will do ten arm windmills forward and backwards.
- Shuffle to third base, where each player will do the number of push-ups as the weeks of practice, up to six.
- Run to home plate, do five squats and then jog to the pitcher's mound, where you will finish with front and back arm circles.

## BASEBALL GRIP (15 MINUTES)



### BASEBALL GRIP REVIEW

- Proper four-seam grip. Hold the baseball using a four-seam grip. (See Fig. 1.1)
- Show two-finger (Fig. 1.2) and three-finger grips (Fig. 1.3). Index finger on the top of the ball, thumb on the bottom of the ball, middle finger on the top of the ball. The spacing between fingers should be about the size of a finger.
- Each player grabs a ball off of the ground to show the coach the four-seam grip. Each player will do five balls.
- Review the toss/catch/four-seam grip. Have each player will do 10 repetitions.

### DRILL

Players will with be partnered with someone of similar ability. The partner will toss the ball and the receiver will catch the ball with two hands and transition into a four-seam grip. Once the thrower shows a two hand target (2HT) the receiver will toss the ball back.

Continue this drill for 15 throws each.

### GAME: TOSS/CATCH/FOUR-SEAM RELAY

Players will line up in four teams of three players each. Players will toss the ball in the air, catch it, and show the coach a four-seam grip to complete their turn.



# PRACTICE SEQUENCE

## CATCHING AND THROWING REVIEW (25 MINUTES)



### CATCHING REVIEW

- Two-Hand Target (2HT, Fig. 2.1)
- Thumb-to-Thumb (T2T, Fig 2.2)
- Pinky-to-Pinky Drill (P2P Fig. 2.3 & 2.4)



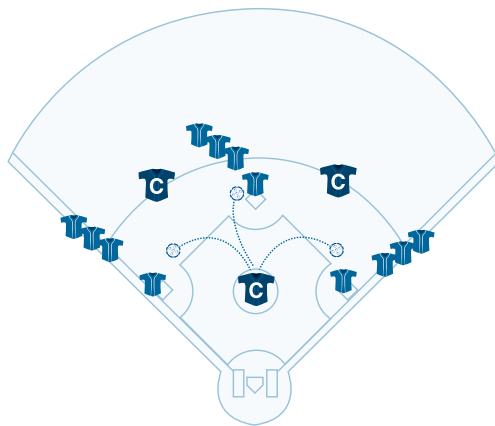
2.1

2.2

2.3

2.4

### KNOCKOUT CATCHING



### DRILL

Above/Below the waist throws from the coach. Ten throws each.

The coach will throw plastic balls to a designated area in the air. Using their gloves, players will react to the throw and line up underneath the ball and try to make the catch with two hands. Have the players line up in three, single-file lines of four players each. One coach per line, 10 to 15 throws per player.

### GAME: KNOCKOUT CATCHING

Split each team into four players. Teams will line up behind first, second, and third bases and when their team is called the first player will receive a ball thrown from the coach standing on the pitcher's mound. The coach will throw pop-ups to the players. After a successful catch the player will go to the end of the line. Once a player misses a ball he/she will sit down at the end of their line and cheer for their team. The game is finished when there is one player left.

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# PRACTICE SEQUENCE

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## THROWING REVIEW

- Do not throw until you see a Two-Hand Target (2HT)
- Use a four-seam grip
- **FIVE STEPS OF THROWING**

### Step One: Step

Start square to your partner, step towards your partner with the foot of your throwing hand. Plant your foot with the inside of the foot facing the receiver, this will align the glove shoulder to your partner. (Fig. 3.1)

### Step Two: Shoulder to Partner

You will want to have your glove shoulder facing your partner. The thrower's hands are to move downward towards the center of their body until they separate. This will lead you to the launch, which is the next step. (Fig. 3.2)

### Step Three: Launch

At this point the thrower will turn their thumbs in to get the elbows up putting the arms in the launch position. The ball will be in the throwing hand away from the receiver with a four-seam grip and the knuckles of the throwing hand facing the receiver. (Fig. 3.3)

### Step Four: Delivery

The thrower should stay behind the ball when throwing and snap their wrist when throwing to the receiver. (Fig. 3.4)

### Step Five: Finish

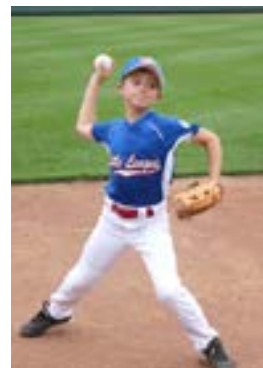
The thrower's weight will continue towards the receiver and the arm will follow through to the 2HT. (Fig. 3.5)



3.1 Step



3.2 Shoulder to Partner



3.3 Launch



3.4 Delivery



3.5 Finish



# PRACTICE SEQUENCE

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## THROWING (REVIEW DRILL)

- Start in the launch position focusing on the 2HT and four-seam grip, continue drill for ten throws.
- Add the step and shoulder point to the throwing sequence. Five throws total with the player focusing on putting all five steps together.
- Hand separation drill, ten throws

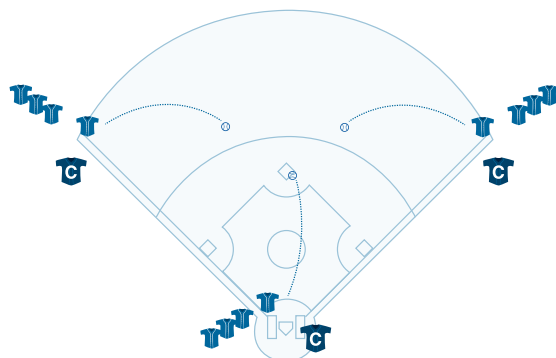


**BREAK (3 MINUTES)**

## HITTING (15 MINUTES)



- How to grip a bat with a proper stance and complete plate coverage
- Dry swing drill (10 swings each)



## DRILL

### Game of 21

Match players of like ability for this game. To start the drill, play to 11, until the players are skilled enough to play to 21.

Each throw is worth points. If it is directly to the two-hand target in the chest it is worth three (3) points. If the throw is a little outside of the two-hand target, it is worth two (2) points and if the throw is well outside, then it is worth one (1) point. Every throw is worth at least one point.

## DRILL

### Soft Toss

Each player will hit nine balls. Players will hit three, then rotate for three sets. This will keep the players engaged. A coach will crouch down on the opposite side of the hitter's stance.

Each player will do this drill three times. Each coach will have four hitters. One set of hitters will be at home hitting towards the outfield. The second set of hitters will be at the right field foul pole hitting towards second base. The third set of hitters will be on the left field foul pole hitting towards second base.

Players not hitting will be waiting for their turn away from the hitter and hitter's path. Make sure that each player is approaching their at-bats as if it were in a game. Players must be wearing batting helmets.



# PRACTICE SEQUENCE

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## BASE RUNNING (12 MINUTES) ⚾️

### BASE RUNNING REVIEW

- Purpose of base running and how to score
- Two ways of running to first base two times for each way

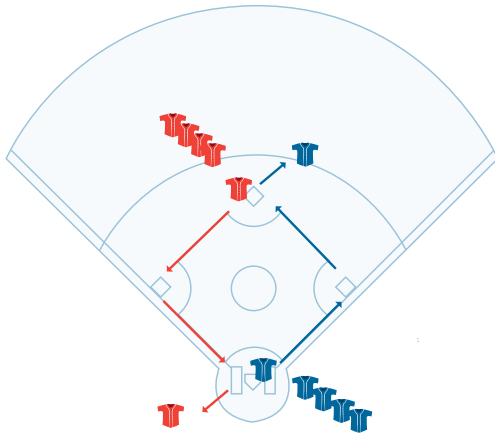


### DRILL

#### Base Running Cues

Players are to start at home and determine how they will approach first base by the cues given to them by the first-base coach. If the coach points to the base and says “base” the player will run through first base. If the coach points at second base and tells them “turn” the batter/runner will begin to curve out to the right about 10-15 feet before first base. The runner will bow out the right making their path from home look similar to a question mark (?) once they touch first base. This will allow the runner to touch first base and start to head to second base in a straight line. For this drill the runner will go about 10-15 feet beyond the base looking towards the outfielder who fielded the ball. This gives the base runner cues on how to approach first base, advance or turn back and run quickly to first base.

### HOME PLATE RELAY RACE



#### GAME: HOME PLATE RELAY RACE

Break players into teams of six. Six players will start at home plate. Five players will line up in the grass to the right of home plate and one player will put their foot on the outside corner of home plate closest to first base to start the drill. This team will run from home plate to second base. Once their teammate touches second base, the next player in line will run to second base, once there they will take a seat in the grass. Six players will start at second base. Five players will line up in the grass behind of second base. One player will start with their foot on the edge of second base towards third base and run from second base to home plate. Once their teammate crosses home, the next player will replace the previous player.



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## FIELDING (15 MINUTES)



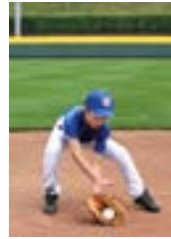
### FIELDING REVIEW



1. Creeper Steps



2. Bend Knees / Lower Torso



3. Glove Out-Front



4. Receive / Suck / Funnel / Move



5. Throw to Target



———— Alligator Hands ————



### DRILL 1

#### Dry Ground Ball

Players will start with the ball in their gloves. Do the first three steps of fielding. From this point the coach will instruct the players which type of ball they are going to field. Players will perform the drill and finish by throwing to a coach standing at first base. Players will go to the end of the line and pick up another ball from the bucket. Each player will do five balls each from second base, shortstop and third base.



### DRILL 2

Players take off their hat, flip it over and place the brim of the hat in their mouth. This will force the kids to field the ball completely out in front of them, having the hat forces the player to look beyond the glove by watching it the whole way in.

### DRILL 3

#### No Glove Drill

Players will use their bare hands and field 20 ground balls each using the five steps of fielding. The coach will be near the pitcher's mound and will have six players each line up at the shortstop and second base positions. The coach will roll ground balls to the players who will finish by throwing to a coach at first base. The coach will put the balls in the bucket. After taking 15 balls each, the players will field 10 balls with their gloves. You can have the players rotate between positions.

### CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week and remind players of next event (practice/game)
- Dismiss



# COACH PITCH

## WEEK SEVEN

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### PRACTICE GOALS: What Your Team Should Learn

1. Successfully throw to a two hand target using a four-seam grip while playing a game of 21
2. Run from first base to third base and from second base to home plate
3. Take cues from the first base coach
4. Field a ground ball while moving laterally

### MATERIALS:

- Batting Helmets
- Bases (four)
- Baseball Bats (various sizes)
- Baseballs (two buckets)
- Batting Tee
- Buckets (three)
- Gloves
- "L" Screen
- Plastic Balls



## POSITIVE COACHING ALLIANCE (PCA) | WEEKLY TIPS

### PRACTICE 1 TIP: Buddy System (Filling Emotional Tanks)

It is amazing how positive thinking and acting can impact a situation. We all learn and perform better when our Emotional Tanks are full, in sports and in life. Being a great tank-filler takes practice, but it will make you a great teammate in all that you do.

**Try using the "Buddy System" to help your team fill tanks.** Pair your players for a drill. They can have a different partner each time so everyone has paired up with everyone else during the season.

They should do the drill as well as they can, and also watch their partner and give their buddy high fives and tell them they did a good job after the drill!

### PRACTICE 2 TIP : Mastery - Competing with Yourself

Learning to compete is an important part of being an athlete, and, often, the biggest competitor is ourselves.

Too often we compare ourselves to other people. If they can do more things or do them better than we can we may get discouraged. Instead, we should focus on what we can do now that we couldn't do before, so that your athletes can say, "I am better now than I was a few weeks ago."

When your players compare themselves now to how they used to be, they'll be encouraged. If they have worked hard, then they have probably improved and they are winning the competition with themselves.





# QUICK PLAN

## 90 MINUTES

- INTRO
- PROGRAM TIPS
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**3 MINUTES**

### INTRODUCTION

- Welcome players
- Focus on the reason for being there/PCA tip of the week

**5 MINUTES**

### STRETCHING AND WARM UPS

- Players run along the fence with the team
- Position Fitness
- Finish with 20 Jumping Jacks
- (See full practice plan for complete instructions)

**7 MINUTES**

### BASEBALL GRIP

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Show players two-and three-finger grips
- Players demonstrate correct grip by grabbing balls out of bucket
- Toss/Catch/Grip (players will toss the ball for their partners to catch)

**20 MINUTES**

### CATCHING AND THROWING

- Review two-hand target
- Review thumb-to-thumb
- Review pinky-to-pink
- Catching the ball below the waist
- 5 Steps of Throwing
- Start in "launch" position
- Catch plastic ball pop-ups
- Game of 21

**3 MINUTES**

### BREAK

**22 MINUTES**

### HITTING

- Properly grip a bat
- "Athletic" Stance
- Bat should be able to "cover" the entire plate
- Soft Toss player will hit three ball, three times each
- "Dry" Swing Drill (10 swings)
- (See full practice plan for complete instructions)

**15 MINUTES**

### BASE RUNNING

- Review "merry-go-round" drill
- Run from home to second base
- Run from first base to second base
- Run from first base to third
- (See full practice plan for complete instructions)

**15 MINUTES**

### FIELDING

- Review 5 Steps of Fielding
- "Dry" ground balls to first base
- Bare hands to first base
- Pick-up drill

### CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week
- Remind of next event (practice/game)



# PRACTICE SEQUENCE

INTRO

PROGRAM TIPS

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## INTRODUCTION (3 MINUTES)

- Review the names of the coaches and players, review the purpose for being at the field and show enthusiasm to start practice. Split players into three groups that are different from last week. Have each player tell you their favorite baseball movie.

## STRETCHING AND WARMUPS (5 MINUTES)

- **First, have the team run along the outfield fence and gather in the opposite outfield from which you started.**

### POSITION FITNESS

- Start at home plate. Each player will do five squats, making sure their knees don't go over their toes. Bend in the same way you would sit in a chair, then stand straight again.
- Run to first base, once there, do high and low reaches.
- In a good athletic position, laterally shuffle to second base and back to where the second baseman would be positioned, there do five jumping jacks.
- Run to second base, where each player will do ten arm windmills forward and backwards.
- Shuffle to third base, where each player will do the number of push-ups as the weeks of practice, up to six.
- Run to home plate, do five squats and then jog to the pitcher's mound, where you will finish with front and back arm circles.

## BASEBALL GRIP (7 MINUTES)



1.1 1.2 1.3



### BASEBALL GRIP REVIEW

- Proper four-seam grip. Hold the baseball using a four-seam grip. (See Figure 1.1)
- Show two-finger (Fig. 1.2) and three-finger grips (Fig. 1.3). Index finger on the top of the ball, thumb on the bottom of the ball, middle finger on the top of the ball. The spacing between fingers should be about the size of a finger.
- Each player grabs a ball off of the ground to show the coach the four-seam grip. Each player will do five balls.
- Review the toss/catch/four-seam grip. Have each player do 10 repetitions.

### GAME: FOUR-SEAM RELAY RACE

Each player will run up and show their coach the four-seam grip, once they return to the back of their line the next player can go. Do the relay until all players in their line have gone. The relay is to be done after the drill.



# PRACTICE SEQUENCE

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## CATCHING AND THROWING (20 MINUTES)



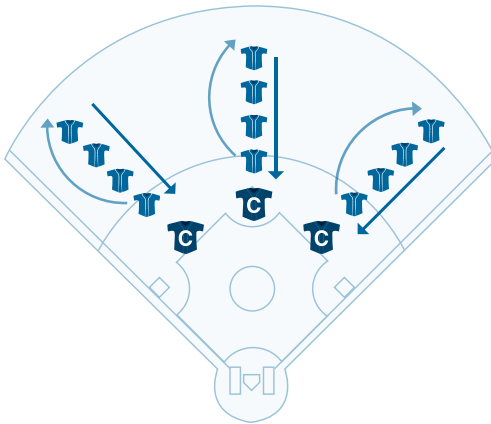
### CATCHING REVIEW

- Two-Hand Target (2HT)
- Thumb-to-Thumb (T2T)

### CATCHING DRILL REVIEW

- Above / below the waist throws from the coach. Begin with five throws each.

### CATCHING DRILL



### DRILL

The coach will throw plastic balls into the air in a designated area. Players, with a glove on their hands, will react to the throw and line up underneath the ball and try to make the catch with two hands.

Have the players' line up into three single-file lines of four players each.

One coach per line will toss 10 to 15 throws per player.

### THROWING REVIEW

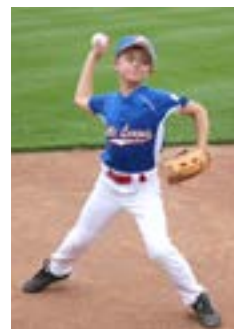
- Do not throw until you see a Two-Hand Target (2HT)
- Use a four-seam grip
- **FIVE STEPS OF THROWING**



2.1 Step



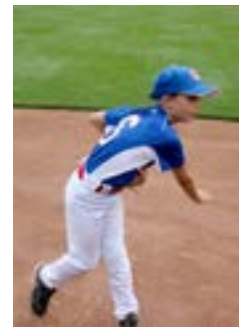
2.2 Shoulder to Partner



2.3 Launch



2.4 Delivery



2.5 Finish



# PRACTICE SEQUENCE

## INTRO

## PROGRAM TIPS

## PROGRAM OUTLINE

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### WEEK 12

### THROWING (REVIEW DRILL)

- Start in the launch position focusing on the 2HT and four-seam grip. Continue drill for ten throws.
- Add the step and shoulder point to the throwing sequence. Complete five throws total with the player focusing on putting all five steps together.
- Hand separation drill ten throws.



1 POINT

2 POINTS

3 POINTS

### DRILL

#### Game of 21

Match players of like ability for this game. To start the drill, play to 11, until the players have are skilled enough to play to 21.

Each throw is worth points. If it is directly to the two-hand target in the chest it is worth three (3) points. If the throw is a little outside of the two-hand target, it is worth two (2) points and if the throw is well outside, then it is worth one (1) point. Every throw is worth at least one point.

### BREAK (3 MINUTES)

### HITTING (22 MINUTES)



- How to grip a bat with a proper stance and complete plate coverage.
- Dry swing drill (5 swings each)
- Coach fake pitch finger recognition
- Coach will throw from knee (five hits each) Groups A,B,C
- Soft toss, five hits each into a net Groups A,B,C (during coach pitch)

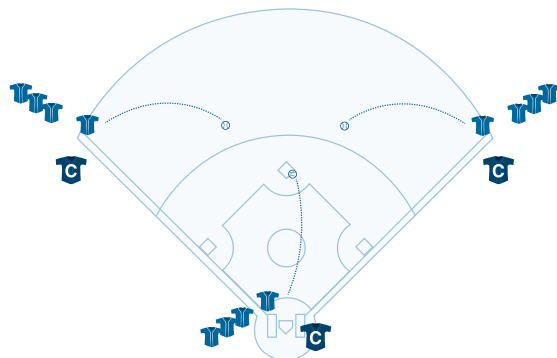
### DRILL 1

#### Soft Toss

Each player will hit nine balls. Players will hit three, then rotate for three sets. This will keep the players engaged. A coach will crouch on the opposite side of the hitter's stance.

Each player will do this drill three times. Each coach will have four hitters. One set of hitters will be at home hitting towards the outfield. The second set of hitters will be at the right field foul pole hitting towards second base.

The third set of hitters will be on the left field foul pole hitting towards second base. Players not hitting will be waiting for their turn away from the hitter and hitter's path. Make sure that each player is approaching their at-bats as if it were in a game. Players will be wearing batting helmets.





# PRACTICE SEQUENCE

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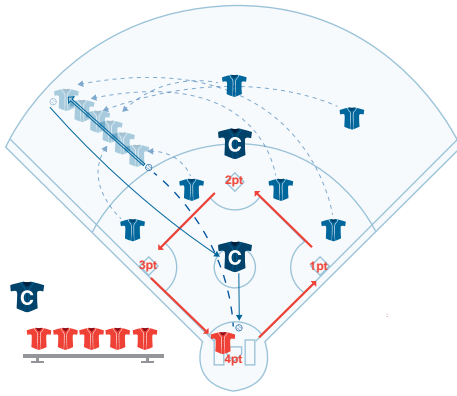
WEEK 9

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## GAME CONDITIONING



## DRILL 2

### Game: Conditioning

Split the group into two teams. The first team hits, while the other is in the field. A coach pitches. The first batter hits the ball and starts to run the bases. All players of the fielding team run to the ball and line up behind it. They pass the ball through the legs of each player until the last player at the end of the line gets it and throws it right to the coach who is pitching. When the ball gets to the coach the runner stops. Each base he has touched is counted as one point for his team. Immediately, the next hitter gets a pitch and the same thing happens. Once every player hits once, the total bases for the team are added up for their score. They take the field and the other team comes in to hit and try to beat their score. This game is focused on fun and running, with some live hitting and hustling around the bases mixed in.

## BASE RUNNING (15 MINUTES)



- Purpose of base running and how to score
- Two ways of running to first base (rounding and straight through)
- Merry-go-round, one time each

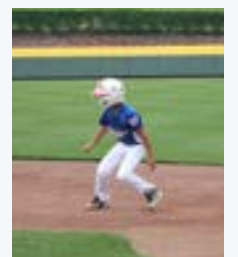
## DRILL 1

Players will start at home and determine how they approach first base by the cues given to them by the first-base coach. If the coach points to the base and says "base," the player will run through first base.

If the coach points at second base and tells them "turn," the batter/runner will begin to curve out to the right about 8-to-12 feet before first base. The runner will angle out to the right, making their path from home look like similar to a question mark (?) once to first base is touched. This will allow the runner to round first base and start to head to second base in a straight line. For this drill, the runner will go about 10-15 feet beyond the base looking toward the outfielder who fielded the ball. This gives the base runner cues on how to approach first base, advance or turn back and run quickly to first base.



"BASE"



"TURN"



# PRACTICE SEQUENCE

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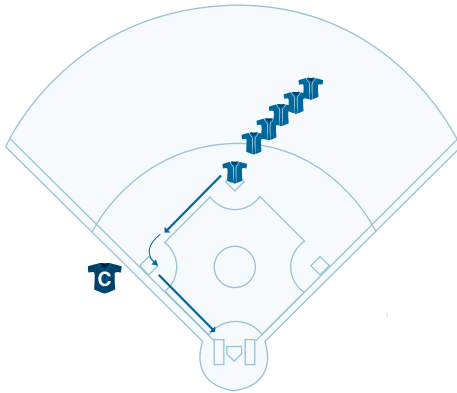
WEEK 11

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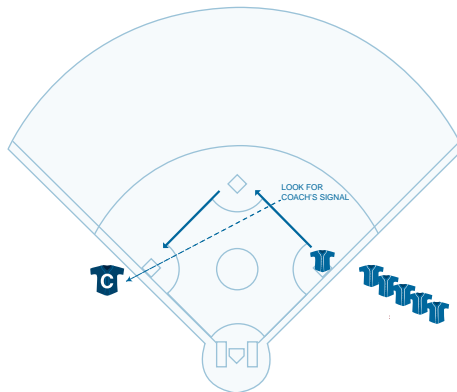
## BASE RUNNING (CONTINUED)



### SECOND-TO-HOME



### FIRST-TO-THIRD



## DRILL 2

### Second-To-Home

Introduce running from second-to-home. Players will curve out when approaching third base, this is done to allow the runner to hit the inside of the base and be in as close of a straight line while advancing towards home.

### First-to-Third

First-to-third is the other base running drill. Runners will run as fast as they can toward second base. When the runner is about 10 to 12 feet from second base, the runner will turn his/her head toward the third base coach and get the signal of advancing to third base or staying at second base.



# PRACTICE SEQUENCE

INTRO

## FIELDING (15 MINUTES)



### FIELDING REVIEW

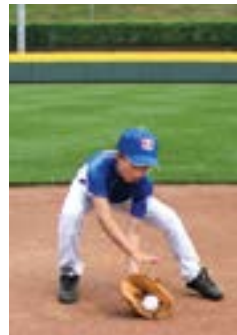
- Five Steps of Fielding
- Dry ground balls (five each) to first base from third base, shortstop, and second base.
- No Gloves - 10 attempts each to first base from third base, shortstop, and second base.



1. Creeper Steps



2. Bend Knees / Lower Torso



3. Glove Out-Front



4. Receive / Suck / Funnel / Move



5. Throw to Target



### DRILL

#### Pick Up Drill

Players will be partnered and will be about 15 feet away from each other. One player will remain stationary and the other will shuffle laterally while fielding ground balls with their bare hands. The player will field the ball and roll it back to their partner. Three groups on shortstop side of the infield and three groups on the second base side of the infield. Each partner will give two round of 10 balls each.

### CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week and remind players of next event (practice/game)
- Dismiss

PROGRAM TIPS

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# COACH PITCH WEEK EIGHT

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## PRACTICE GOALS: What Your Team Should Learn

1. Catch a tennis ball above their head
2. Quickly transition the ball from their glove hand to their throwing hand
3. Play a simulated game of baseball while working on strengthening their fundamentals
4. Develop hand eye coordination through the same side toss drill

## MATERIALS:

- Batting Helmets
- Bases (four)
- Baseball Bats (various sizes)
- Baseballs (two buckets)
- Batting Tee
- Buckets (three)
- Gloves
- "L" Screen
- Plastic Balls



## POSITIVE COACHING ALLIANCE (PCA) | WEEKLY TIPS

### PRACTICE 1 TIP: ROOTS - Officials

ROOTS stands for respect for the ...

**R**ULES  
**O**PPONENTS  
**O**FFICIALS  
**T**EAMMATES  
**S**ELF

The second O in ROOTS is for Officials. We respect officials and umpires even if we disagree with some of their calls.

Many sports are finding it harder and harder to recruit enough officials because they aren't treated well by players, parents, fans, and coaches.

**We are grateful to the umpires for the difficult job they carry out and for making it possible for us to play the games.**

It is never OK to treat people disrespectfully, ever! Keep in that in mind if a questionable situation with an umpire comes up in your games.

### PRACTICE 2 TIP : Making Teammates Better

In life, we are part of many groups that function like a team. The teamwork that helps a sports team have success is the same teamwork that helps a family or business succeed. **The ability to work with others in a supportive, and sometimes challenging, way is important in sports and in life.**

**"Bring It" is a tool we can use to supportively challenge each other in practice.** Before going against a teammate in practice, we can triple fist-bump each other to remind our teammate and our self that we are going to make each other better by competing hard in this drill.





# QUICK PLAN

## 90 MINUTES

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**2 MINUTES**

### INTRODUCTION

- Welcome players
- Focus on the reason for being there/PCA tip of the week

**5 MINUTES**

### STRETCHING AND WARM UPS

- Players run along the fence with the team
- Coach leads the team in a series of leg and arm stretches
- Finish with 20 Jumping Jacks
- (See full practice plan for complete instructions)

**7 MINUTES**

### BASEBALL GRIP

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Show players two-and three-finger grips
- Players demonstrate correct grip by grabbing balls out of bucket
- Toss/Catch/Grip (players will toss the ball for their partners to catch)

**20 MINUTES**

### CATCHING AND THROWING

- Review two-hand target
- Review thumb-to-thumb
- Review pinky-to-pinky
- Catching the ball below the waist
- 5 Steps of Throwing
- Hand separation
- Three-Man Relay
- Catch plastic ball pop ups
- Game of 21

**3 MINUTES**

### BREAK

**20 MINUTES**

### HITTING

- Players will grip the bat with "knocking knuckles" lined up or shifted slightly
- "Athletic" stance
- Bat should be able to "cover" the entire plate
- Each player will hit 10 balls (three times each)
- (See full practice plan for complete instructions)

**15 MINUTES**

### BASE RUNNING

- Review two ways of running to first base
- Run from home to second base
- Run from first base to third
- Base running cues from first base coach
- (See full practice plan for complete instructions)

**18 MINUTES**

### FIELDING

- Review 5 Steps of Fielding
- "Creeper" steps
- "Alligator" hands
- Soft hands throw to first base
- Pick-up drill
- Same-side toss

### CONCLUSION

- Double high fives
- Review what they learned/PCA Tip of the Week
- Remind of next event (practice/game)



# PRACTICE SEQUENCE

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## INTRODUCTION (2 MINUTES)

- Review the names of the coaches and players, review the purpose for being at the field and show enthusiasm to start practice. Split players into three groups that are different from last week. Have each player share their favorite play in baseball.

## STRETCHING AND WARMUPS (5 MINUTES)

- **First, have the team run along the outfield fence and gather in the opposite outfield from which you started.**
- Arm Circles: Short circles forward/backward, big circles forward/backward.
- Arm above the head and try to grab the middle of your back. Use the opposite arm to push arm down as far as you can reach.
- Right arm across the body, grab the elbow to stretch.
- Wrist Pull Downs. Extend your Right Arm/Left Arm out with the palm up, grab the finger tips with opposite arm and pull fingers down/back creating the stretch.
- Wrist Pull Ups. Extend your arm out with the palm down, grab the finger tips with opposite arm and pull fingers up/back creating the stretch.
- Touch your toes (standing)
- Touch your toes (sitting with both leg straight out, legs spread apart, grab toes with opposite hand, each leg once)
- Triangle seat: Seated pull feet together in to the body and use elbows to push the knees flat to the ground.

## BASEBALL GRIP (7 MINUTES)



### BASEBALL GRIP REVIEW

- Proper four-seam grip. Hold the baseball using a four-seam grip. (See Figure 1.1)
- Show two-finger (Fig. 1.2) and three-finger grips (Fig. 1.3). Index finger on the top of the ball, thumb on the bottom of the ball, middle finger on the top of the ball. The spacing between fingers should be about the size of a finger.
- Each player grabs a ball off of the ground to show the coach the four-seam grip. Each player will do five balls.
- Review the toss/catch/four-seam grip. Have each player do 10 repetitions.

### GAME: TOSS/CATCH/GRIP RELAY

Four teams of three players each. Players will be in a straight line about 10 feet apart. Once the first player completes the drill the next player will go. This relay is the first team to complete two or three successful rounds.



# PRACTICE SEQUENCE

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## CATCHING AND THROWING (20 MINUTES)

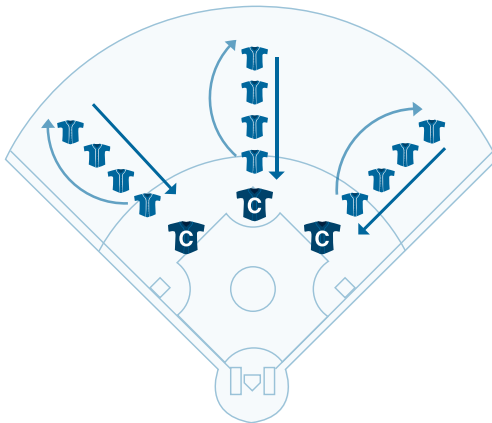


- Two-Hand Target (2HT)
- Thumb-to-Thumb (T2T)
- Pinky-to-Pinky (P2P)

### CATCHING DRILL REVIEW

- Above / below the waist throws from the coach.
- Ten throws each
- Plastic balls catch 15 catches each

### CATCHING DRILL



### DRILL

The coach will throw fly balls with tennis balls. The players will react to the throw and line up underneath the ball and try to make the catch with two hands, using T2T for above the waist catches.

The ball will be caught with the glove and the throwing hand will secure the ball, making the transition to the four-seam grip easier. Have the players line up in three single-file lines of four players each.

One coach per line 10-15 throws per player.

### THROWING REVIEW

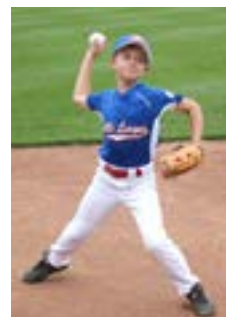
- Do not throw until you see a Two-Hand Target (2HT)
- Use a four-seam grip
- **FIVE STEPS OF THROWING**



2.1 Step



2.2 Shoulder to Partner



2.3 Launch



2.4 Delivery



2.5 Finish



# PRACTICE SEQUENCE

## INTRO

## PROGRAM TIPS

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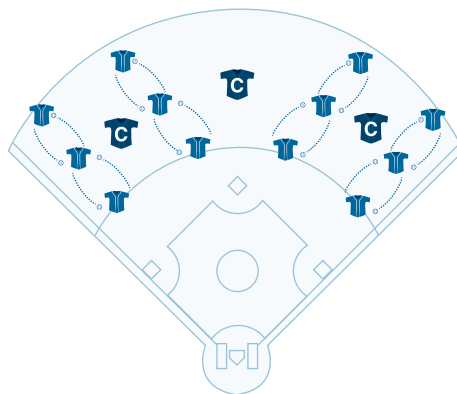
### WEEK 12

#### THROWING DRILL REVIEW

- Start in the launch position focusing on the 2HT and four-seam grip. Continue drill for ten throws
- Add the step and shoulder point to the throwing sequence. Five throws total with the player focusing on putting all five steps together
- Hand separation drill ten throws



#### THREE-MAN RELAY



#### DRILL

##### Three-Man Relay

This drill simulates the correct technique for completing a throw from the outfield, to a relay man, to the base. Emphasize correct throwing technique and to teach the skill of relaying the ball in this sequence.

Players should be in a straight line approximately 25–55 feet apart. Coaches will adjust the distance for the players. The drill begins with a ball on the ground in the outfield. The outfielder will pick the ball up and make a good throw using proper throwing mechanics to the relay man. The relay man will stand sideways with their directional shoulder (glove hand) pointed toward the target they will be relaying the ball to, in this case the base. The third man will quickly return the throw back to the relay man who will make the final throw to the outfielder. Place the ball on the ground and repeat.

Complete drill 15 times.

**BREAK (3 MINUTES)**



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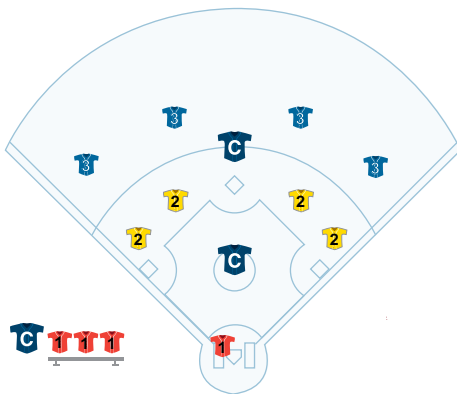
WEEK 12

## HITTING (20 MINUTES)



- How to grip a bat with a proper stance and complete plate coverage.
- Dry swing drill (5 swings each)
- Hit five balls off the tee into a fence or net
- Soft toss, five hits each into a net

### COACH PITCH 4X4X4



### DRILL

#### Coach Pitch 4x4x4

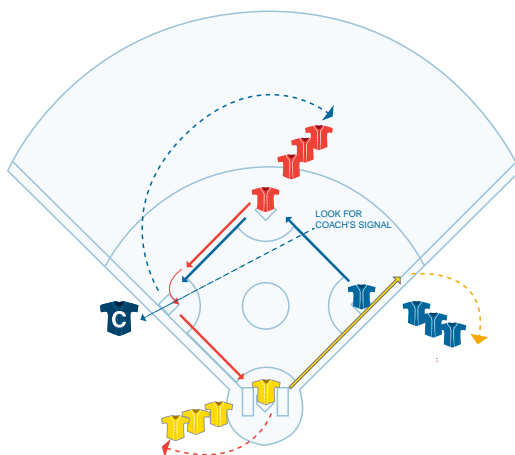
This drill/game will focus on the coach pitching to the players. Each player will approach their at-bat as if it is in a game and make sure they have proper coverage of the plate. There will be three groups of four. Group One will be batting, Group Two will be infielders and Group Three will start in the outfield. Each team will get an inning to hit (three outs) and will play the game as if it is a live game. The fielders will try and get each hitter out. Once Group One has three outs or five runs the inning will end and Group Two will come in to hit and Group Three will play the infield. Group One will play the outfield. This rotation will continue until the drill is over. Have each team hit two to three times

## BASE RUNNING (15 MINUTES)



- Purpose of base running and how to score
- Two ways of running to first base (rounding and straight through)
- Merry-go-round, one time each
- Cues from Coaches

### HOME PLATE-TO-FIRST BASE; FIRST BASE-TO-THIRD BASE; SECOND BASE-TO-HOME PLATE



### DRILL

#### Home Plate-to-First Base; First Base-to-Third Base; and Second Base-to-Home Plate

Line up four players at first base, second base and at home plate. Players will start the drill on first base, on second base and in the batter's box, with the remaining three players at that station away from the playing field. Home plate - along the backstop, first base - in the coach's box and second base - in centerfield.

On the coach's command, the player from home plate will run straight through first base, breaking down after the base and look to the right to see if there was an overthrow. The player from first base will run to third base, looking for the coach's signal to come to third base, this player will walk in the outfield back to second base and get in line. The player from second base will run to home plate and will make curve out to hit the inside of third base, trying to get in as straight a line to home plate as possible. This player will get in line at home plate. Continue this drill for two rotations times at each base.



# PRACTICE SEQUENCE

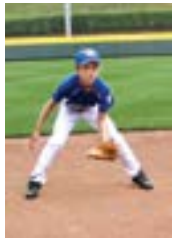
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## FIELDING (18 MINUTES)

### FIELDING REVIEW

#### – FIVE STEPS OF FIELDING

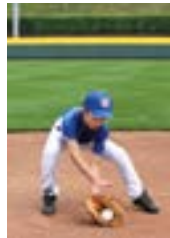
- “Alligator” hands and do the drill with each player getting five balls with glove and throw to first base from (third base, shortstop, first base)
- Hat in Mouth Drill
- Pick-Up Drill (five each)



1. Creeper Steps



2. Bend Knees / Lower Torso



3. Glove Out-Front



4. Receive / Suck / Funnel / Move



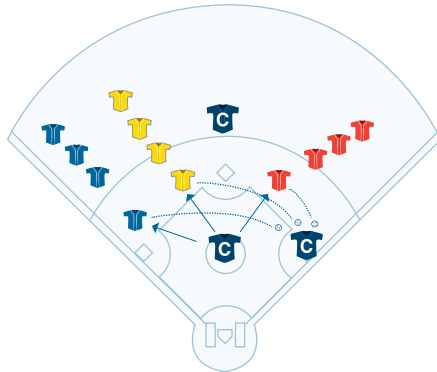
5. Throw to Target



———— Alligator Hands ————



### GAME: BARE HANDS



### GAME: BARE HANDS

- Arrange teams in three lines of four players at third base, shortstop, and second base.
- Players will make 10 throws to first base from (third base, shortstop, and second base).
- Award one point for a successfully fielded groundball, and one point for a good throw to first base.
- Coach will roll groundballs to one position at a time.
- Teams will rotate from third base to shortstop; shortstop to second base; second base to third base until each team has fielded at all three positions.



### DRILL

#### Same-Side Toss

Partners will face each other about 5 to 10 feet apart. Each partner has a ball in their right hand. Partners toss the ball at the same time to their partner's left hand. Throws are continuous and will alternate hands after ten throws on each hand. Do this drill twice.

### CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week and remind players of next event (practice/game)
- Dismiss



# COACH PITCH

## WEEK NINE

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### PRACTICE GOALS: What Your Team Should Learn

1. Be able to quickly relay a ball from the outfield to the infield using a four-seam grip
2. Field ground balls on their knees, demonstrating the proper two-hand technique

### MATERIALS:

- Batting Helmets
- Bases (four)
- Baseball Bats (various sizes)
- Baseballs (two buckets)
- Batting Tee
- Buckets (three)
- Gloves
- "L" Screen
- Tennis Balls



## POSITIVE COACHING ALLIANCE (PCA) | WEEKLY TIPS

### PRACTICE 1 TIP: Preparation

Almost everybody wants to win, but only some are willing to prepare to win. Almost everybody wants to succeed in life, but only some are willing to prepare to succeed.

**Preparation to win in sports includes consistently trying hard, listening to your coaches, and supporting your teammates through good and bad times.**

Are your players willing to prepare to win in sports and to succeed in life?

### PRACTICE 2 TIP : Leadership for all (Mirror vs. Window)

Leadership is any action that moves a team forward. Being a leader doesn't mean being a hero, and it isn't reserved for specific people on a team. Anyone on a team can provide leadership.

Setting a good example for others, stepping forward to help out, and supporting a teammate are ways to lead on any team.

Every time something happens to the team, your players have a choice to look through a mirror or a window. A leader uses double-vision.

**When something goes right, a leader looks through a window and gives credit to those around him. When something goes wrong, a leader looks into a mirror and takes responsibility for his part in what went wrong.**



# QUICK PLAN

## 90 MINUTES

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- WEEK 9**
- WEEK 10
- WEEK 11
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**2 MINUTES**

### INTRODUCTION

- Welcome players
- Review names (players and coaches)
- Focus on the reason for being there/PCA tip of the week

**5 MINUTES**

### STRETCHING AND WARM UPS

- Players run along the fence with the team
- Coach leads the team in a series of leg and arm stretches
- Finish with 20 Jumping Jacks
- (See full practice plan for complete instructions)

**3 MINUTES**

### BASEBALL GRIP

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Show players 2- and 3- finger grips
- Toss/Catch/Grip (Players will toss the ball for their partners to catch)

**27 MINUTES**

### CATCHING AND THROWING

- Catching the ball below the waist
- 5 steps of throwing Hand separation
- Three-Man Relay
- Catch tennis ball pop ups
- Game of 21

**3 MINUTES**

### BREAK

**30 MINUTES**

### HITTING

- Players will grip the bat with "knocking knuckles" lined up or shifted slightly
- "Athletic" Stance
- Bat should be able to "cover" the entire plate
- Dry Swings
- 4x4x4 drill
- (See full practice plan for complete instructions)

**8 MINUTES**

### BASE RUNNING

- Review two ways of running to first base
- Merry-Go-Round
- Home-to-first base; first base-to-third base; second base-to-home
- Base running cues from first base coach
- (See full practice plan for complete instructions)

**12 MINUTES**

### FIELDING

- Review Five Steps of fielding
- "Creepers" steps
- "Alligator" hands
- Soft hands throw to first base
- Pick-up drill
- Knee Groundball

### CONCLUSION

- Double high fives
- Review what they learned/PCA Tip of the Week
- Remind of next event (practice/game)





# PRACTICE SEQUENCE

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## INTRODUCTION (2 MINUTES)

- Review the names of the coaches and players, review the purpose for being at the field and show enthusiasm to start practice. Split players into three groups different from last week. Ask players how the game of baseball and life are similar.

## STRETCHING AND WARMUPS (5 MINUTES)

- **First, have the team run along the outfield fence and gather in the opposite outfield from which you started.**
- Arm Circles: Short circles forward/backward, big circles forward/backward.
- Arm above the head and try to grab the middle of your back. Use the opposite arm to push arm down as far as you can reach.
- Right arm across the body, grab the elbow to stretch.
- Wrist Pull Downs. Extend your Right Arm / Left Arm out with the palm up, grab the finger tips with opposite arm and pull fingers down/back creating the stretch.
- Wrist Pull Ups. Extend your arm out with the palm down, grab the finger tips with opposite arm and pull fingers up/back creating the stretch.
- Touch your toes (standing)
- Touch your toes (sitting with both leg straight out, legs spread apart, grab toes with opposite hand, each leg once)
- Triangle seat: Seated pull feet together in to the body and use elbows to push the knees flat to the ground.

## BASEBALL GRIP (3 MINUTES)



### BASEBALL GRIP REVIEW

- Proper four-seam grip. Hold the baseball using a four-seam grip. (See Figure 1.1)
- Show two-finger (Fig. 1.2) and three-finger grips (Fig. 1.3). Index finger on the top of the ball, thumb on the bottom of the ball, middle finger on the top of the ball. The spacing between fingers should be about the size of a finger.
- Review the toss/catch/four-seam grip. Have each player do 10 repetitions.

### GAME: TOSS/CATCH/GRIP RELAY

Four teams of three players each. Players will be in a straight line about 10 feet apart. Once the first player completes the drill the next player will go. This relay is the first team to complete two or three successful rounds.



# PRACTICE SEQUENCE

## CATCHING AND THROWING (27 MINUTES)



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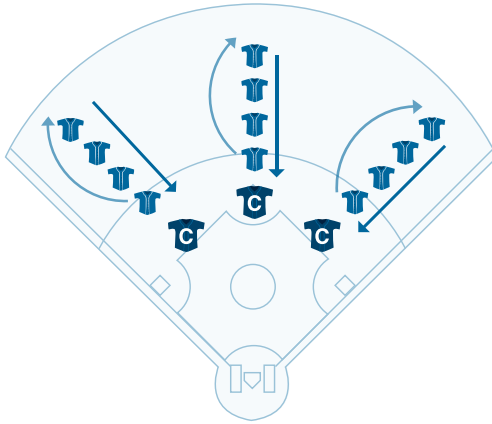
WEEK 11

WEEK 12

### CATCHING DRILL REVIEW

- Above / below the waist throws from the coach.
- Ten throws each
- Using plastic balls catch 15 catches each

### CATCHING DRILL



### DRILL

The coach will throw fly balls with tennis balls. The players will react to the throw and line up underneath the ball and try to make the catch with two hands, using T2T for above the waist catches.

The ball will be caught with the glove and the throwing hand will secure the ball, making the transition to the four-seam grip easier. Have the players line up in three single-file lines of four players each.

One coach per line 10-15 throws per player.

### THROWING REVIEW

- Do not throw until you see a Two-Hand Target (2HT)
- Use a four-seam grip
- **FIVE STEPS OF THROWING**



2.1 Step



2.2 Shoulder to Partner



2.3 Launch



2.4 Delivery



2.5 Finish



# PRACTICE SEQUENCE

INTRO

PROGRAM TIPS

PROGRAM OUTLINE

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

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WEEK 11

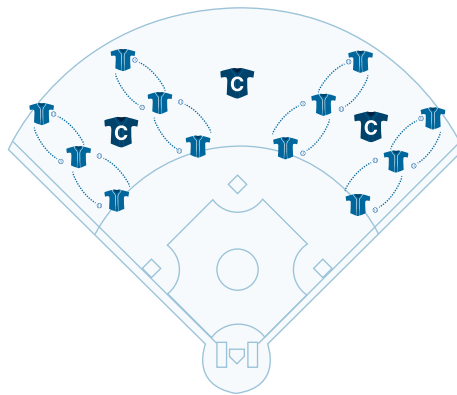
WEEK 12

## THROWING DRILL REVIEW

- Start in the launch position and complete 10 throws focusing on the 2HT and four-seam grip.
- Add the step and shoulder point to the throwing sequence. Complete five throws total with the player focusing on putting all five steps together.
- Complete 10 throws using the hand separation drill



## THREE-MAN RELAY



## GAME OF 21



1 POINT

2 POINTS

3 POINTS

## DRILL

### Three-Man Relay

This drill simulates the correct technique for completing a throw from the outfield, to a relay man, to the base. Emphasize correct throwing technique and to teach the skill of relaying the ball in this sequence. Players should be in a straight line approximately 25-55 feet apart. Coaches will adjust the distance for the players.

The drill begins with a ball on the ground in the outfield. The outfielder will pick the ball up and make a good throw using proper throwing mechanics to the relay man. The relay man will stand sideways with their directional shoulder (glove hand) pointed toward the target they will be relaying the ball to, in this case the base. The third man will quickly return the throw back to the relay man who will make the final throw to the outfielder. Place the ball on the ground and repeat.

Complete 15 times.

### GAME

During warm-ups, have players play a game of 11 or 21.



# PRACTICE SEQUENCE

INTRO

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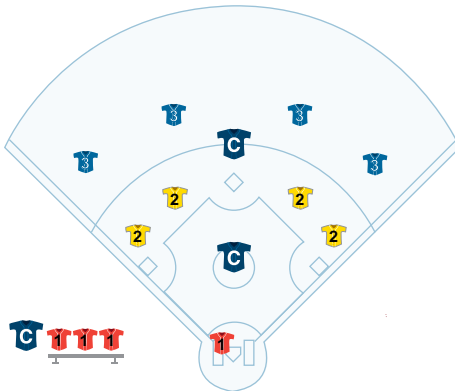
## BREAK (3 MINUTES)

## HITTING REVIEW (30 MINUTES)



- How to grip a bat with a proper stance and complete plate coverage.
- Dry swing drill (5 swings each)
- Hit five balls off the tee into a fence or net
- Soft toss, five hits each into a net

### COACH PITCH 4X4X4



### DRILL

#### Coach Pitch 4x4x4

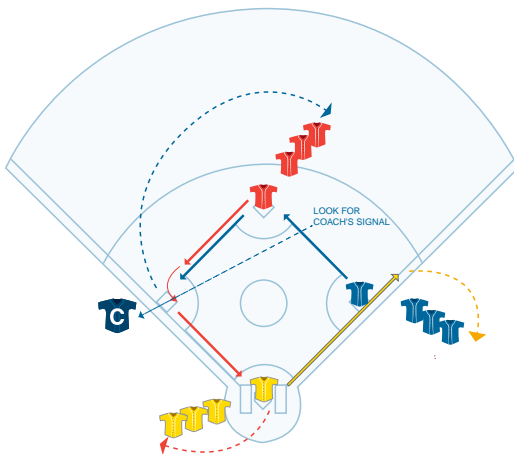
This drill/game will focus on the coach pitching to the players. Each player will approach their at-bat as if it is in a game and make sure they have proper coverage of the plate. There will be three groups of four. Group One will be batting, Group Two will be infielders and Group Three will start in the outfield. Each team will get an inning to hit (three outs) and will play the game as if it is a live game. The fielders will try and get each hitter out. Once Group One has three outs or five runs the inning will end and Group Two will come in to hit and Group Three will play the infield. Group One will play the outfield. This rotation will continue until the drill is over. Have each team hit two to three times.

## BASE RUNNING (8 MINUTES)



- Purpose of base running and how to score
- Two ways of running to first base (rounding and straight through)
- Merry-go-round, one time each
- Cues from Coaches

### HOME PLATE-TO-FIRST BASE; FIRST BASE-TO-THIRD BASE; SECOND BASE-TO-HOME PLATE



### DRILL

#### Home Plate-to-First Base; First Base-to-Third Base; and Second Base-to-Home Plate

Line up four players at first base, second base and at home plate. Players will start the drill on first base, on second base and in the batter's box, with the remaining three players at that station away from the playing field. Home plate - along the backstop, first base - in the coach's box and second base - in centerfield.

On the coach's command, the player from home plate will run straight through first base, breaking down after the base and look to the right to see if there was an overthrow. The player from first base will run to third base, looking for the coach's signal to come to third base, this player will walk in the outfield back to second base and get in line. The player from second base will run to home plate and will make curve out to hit the inside of third base, trying to get in as straight a line to home plate as possible. This player will get in line at home plate. Continue this drill for two rotations times at each base.



# PRACTICE SEQUENCE

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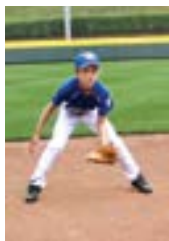
WEEK 12

## FIELDING (12 MINUTES)



### FIELDING REVIEW

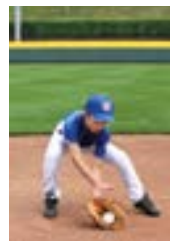
- Five Steps of fielding
- "Alligator" hands and do the drill with each player getting five balls with glove and throw to first base from (third base, shortstop, first base)
- Bare Hands - 10 throws to first base from (third base, shortstop, and second base)
- Hat in Mouth Drill
- Pick-Up Drill (five each)



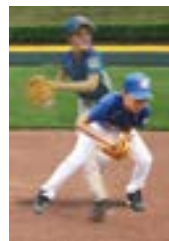
1. Creeper Steps



2. Bend Knees / Lower Torso



3. Glove Out-Front



4. Receive / Suck / Funnel / Move



5. Throw to Target



———— Alligator Hands ————



### DRILL

#### Knee Ground Ball

Players are on their knees on the edge of the infield grass. Coach will roll ground balls to the fielder from 25 feet away. Fielders will use proper two-hand fielding technique and make a return throw to the coach. Three lines of four players and each will receive four balls do this drill five times.



### CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week and remind players of next event (practice/game)
- Dismiss



# COACH PITCH WEEK TEN

INTRO

PROGRAM  
TIPS

PROGRAM  
OUTLINE

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WEEK 12

## PRACTICE GOALS: What Your Team Should Learn

1. Use a cross/drop step to catch a fly ball using two hands (tennis ball)
2. Be able to catch a fly ball (baseball)
3. The way to play long toss

## MATERIALS:

- Batting Helmets
- Bases (four)
- Baseball Bats (various sizes)
- Baseballs (two buckets)
- Batting Tee
- Buckets (three)
- Gloves
- "L" Screen
- Tennis Balls



## POSITIVE COACHING ALLIANCE (PCA) | WEEKLY TIPS

### PRACTICE 1 TIP: ROOTS - Teammates (Humility)

ROOTS stands for respect for the ...

**R**ULES  
**O**PPONENTS  
**O**FFICIALS  
**T**EAMMATES  
**S**ELF

**The T in ROOTS is for Teammates. We can respect teammates by supporting them. And we respect teammates by acting with humility.**

Humility means you don't have to tell people how good you are or draw attention to yourself. One of the most impressive qualities a person can have in sports and life is humility, especially when they are successful.

Your players can practice humility by crediting others when they or their team is successful, and by taking partial responsibility when they, a teammate, or their team loses or fails.

One humility tool we can use is **"Share the Spotlight."** This means that when one of your players receives a compliment or award, they thank the person complimenting them, and then they acknowledge at least one other person who made the success possible.

### PRACTICE 2 TIP : ROOTS - Self

Integrity means doing the right thing even when others aren't watching you.

**PCA's acronym ROOTS, describes behaviors that make the game (and world around us), better. The S in ROOTS stands for respect for Self.**

**In sports and in life, your players show respect for themselves by living up to their own standards no matter what ... even when their opponents or classmates don't.**

In any situation in which your players might be tempted to cheat or not act with integrity, they can softly pound their chest twice. They will be telling themselves that they are a person of integrity and that they will live up to their own personal high standards



# QUICK PLAN

## 90 MINUTES

- INTRO
- PROGRAM TIPS
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- WEEK 7
- WEEK 8
- WEEK 9
- WEEK 10**
- WEEK 11
- WEEK 12

**3 MINUTES**      **INTRODUCTION**

- Welcome players
- Review names (players and coaches)
- Focus on the reason for being there/PCA tip of the week

**7 MINUTES**      **STRETCHING AND WARM UPS**

- Players run along the fence with the team
- Position Fitness
- (See full practice plan for complete instructions)

**2 MINUTES**      **BASEBALL GRIP**

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Show players 2- and 3- finger grips

**28 MINUTES**      **CATCHING AND THROWING**

- Review two-hand target
- Review thumb-to-thumb
- Review pinky-to-pinky
- Review two-hand target
- Catching the ball below the waist
- 5 steps of throwing
- Catching baseball pop ups
- Cross-over and drop steps
- Long toss

**3 MINUTES**      **BREAK**

**17 MINUTES**      **HITTING**

- Players will grip the bat with "knocking knuckles" lined up or shifted slightly
- "Athletic" Stance
- Bat should be able to "cover" the entire plate
- "Dry" Swings
- Soft Toss
- 4x4x4 Live Inning Game
- Game Conditioning

**15 MINUTES**      **BASE RUNNING**

- "Merry-go-round" Drill
- Cues from Coach
- (See full practice plan for complete instructions)

**15 MINUTES**      **FIELDING**

- Review 5 steps of fielding
- "Creeper" steps
- "Alligator" hands
- Bare hands throw to first base
- Roll and Toss Drill

**CONCLUSION**

- High five and low fives
- Review what they learned/PCA Tip of the Week
- Remind of next event (practice/game)



# PRACTICE SEQUENCE

INTRO

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## INTRODUCTION (3 MINUTES)

- Review the names of the coaches and players, review the purpose for being at the field and show enthusiasm to start practice. Split players into three groups that are different from last week. Have each player tell you their favorite position in baseball.

## STRETCHING AND WARMUPS (7 MINUTES)

- **First, have the team run along the outfield fence and gather in the opposite outfield from which you started.**

### POSITION FITNESS

- Start at home plate. Each player will do five squats, making sure their knees don't go over their toes. Bend in the same way you would sit in a chair, then stand straight again.
- Run to first base, once there, do high and low reaches.
- In a good athletic position, laterally shuffle to second base and back to where the second baseman would be positioned, there do five jumping jacks.
- Run to second base, where each player will do ten arm windmills forward and backwards.
- Shuffle to third base, where each player will do the number of push-ups as the weeks of practice, up to six.
- Run to home plate, do five squats and then jog to the pitcher's mound, where you will finish with front and back arm circles.

## BASEBALL GRIP (2 MINUTES)



### BASEBALL GRIP REVIEW

- Proper four-seam grip. Hold the baseball using a four-seam grip. (See Figure 1.1)
- Show two-finger (Fig. 1.2) and three-finger grips (Fig. 1.3). Index finger on the top of the ball, thumb on the bottom of the ball, middle finger on the top of the ball. The spacing between fingers should be about the size of a finger.





# PRACTICE SEQUENCE

## CATCHING AND THROWING (28 MINUTES)

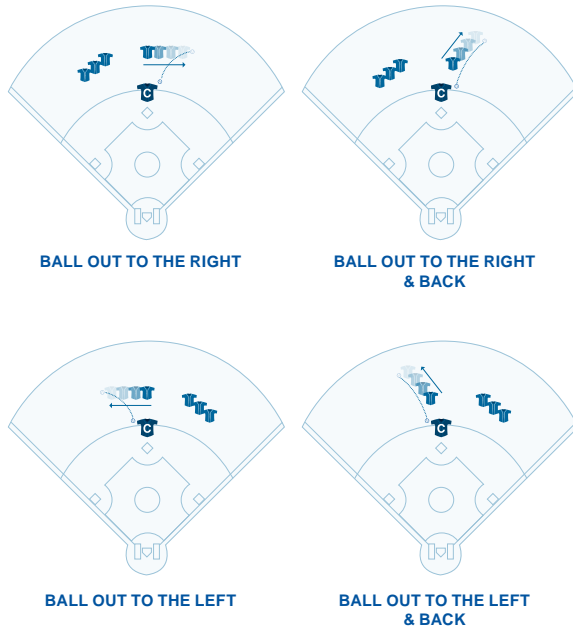


### CATCHING REVIEW

- Two-Hand Target (2HT)
- Thumb-to-Thumb (T2T)

### CATCHING DRILL REVIEW

- Above / below the waist throws from the coach, five throws each
- 10 catches each using baseballs
- Fly balls, straight on, 10 catches each with baseballs



### DRILL

The Coach will throw a tennis ball in one of four directions:

**Ball out to the right:** Players will react to the ball and cross their right foot over their left foot and run towards the ball.

**Ball to the right and back:** Players will react to the ball by using a drop step with the left foot and run back at an angle towards the ball, looking over their right shoulder.

**Ball out to the left:** Players will react to the ball and cross their left foot over their right foot and run towards the ball.

**Ball to the left and back:** Players will react to the ball by using a drop step with the right foot and run back at an angle towards the ball, looking over their left shoulder.

Players will line up underneath the ball and try to make the catch with two hands using a T2T technique. The ball will be caught with the glove and the throwing hand will secure the ball, making the transition to the four-seam grip easier. Have the players, line up into three single-file lines of four players each. One coach per line will make 10 throws per player.

### THROWING REVIEW

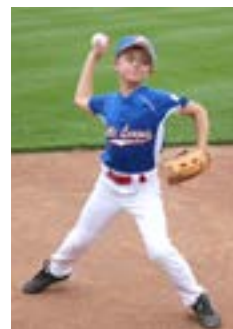
- Do not throw until you see a Two-Hand Target (2HT)
- Use a four-seam grip
- **FIVE STEPS OF THROWING**



2.1 Step



2.2 Shoulder to Partner



2.3 Launch



2.4 Delivery



2.5 Finish

INTRO

PROGRAM TIPS

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# PRACTICE SEQUENCE

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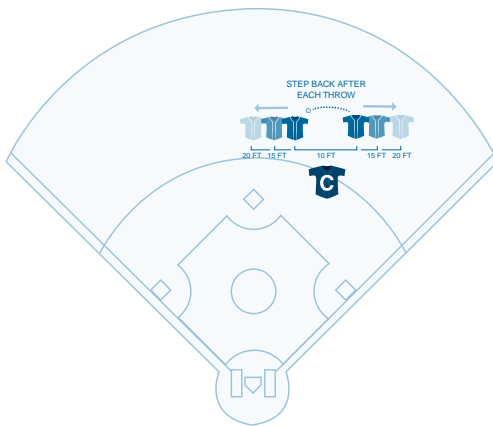
WEEK 12

## THROWING DRILL REVIEW

- Start in the launch position focusing on the 2HT and four-seam grip. Continue drill for 15-to-20 throws
- Add the "step" and "shoulder to partner" to the throwing sequence. Complete ten throws total with the player focusing on putting all five steps together
- Have players warm up playing the game of 11. Make sure to focus on making good throws
- Three-Man Relay do this drill four times
- Hand separation drill five throws



## LONG TOSS



## GAME OF 21



## DRILL

### Long Toss

Players will continue from the hand separation drill and play catch moving a step further away from their partner after each throw, until they are able to still throw the ball in a line using correct mechanics. 20 throws.

### GAME OF 21

Match players of like ability for this game. To start the drill, play to 11, until the players are skilled enough to play to 21.

Each throw is worth points. If it is directly to the two-hand target in the chest it is worth three (3) points. If the throw is a little outside of the two-hand target, it is worth two (2) points and if the throw is well outside, then it is worth one (1) point. Every throw is worth at least one point.

During warm ups match players with like ability up and play the game of 11 or 21.



# PRACTICE SEQUENCE

INTRO

**BREAK (3 MINUTES)**

PROGRAM TIPS

**HITTING (17 MINUTES)**



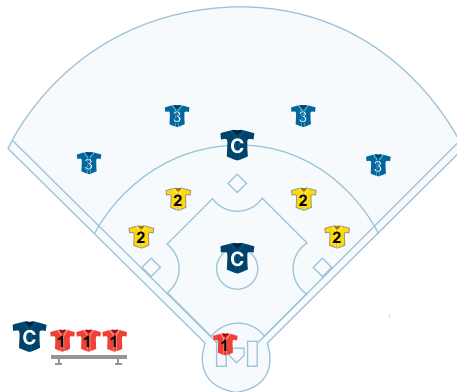
PROGRAM OUTLINE

- How to grip a bat with a proper stance and complete plate coverage.
- Dry swing drill (5 swings each)
- Hit ten balls off the tee into a fence or net
- Soft toss, five hits each into a net

WEEK 1

**COACH PITCH 4X4X4**

WEEK 2



WEEK 3

## DRILL 1

WEEK 4

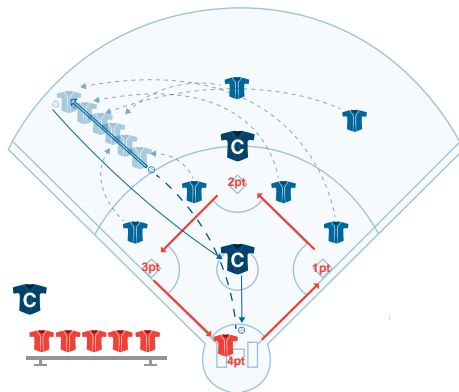
### Coach Pitch 4x4x4

This drill/game will focus on the coach pitching to the players. Each player will approach their at-bat as if it is in a game and make sure they have proper coverage of the plate. There will be three groups of four. Group One will be batting, Group Two will be infielders and Group Three will start in the outfield. Each team will get an inning to hit (three outs) and will play the game as if it is a live game. The fielders will try and get each hitter out. Once Group One has three outs or five runs the inning will end and Group Two will come in to hit and Group Three will play the infield. Group One will play the outfield. This rotation will continue until the drill is over. Have each team hit two to three times

WEEK 5

**GAME CONDITIONING**

WEEK 6



WEEK 7

## DRILL 2

WEEK 8

### Game Conditioning

Split the group into two groups. The first group hits while the other is in the field. A coach pitches. The first batter hits the ball and starts to run the bases. The group in the field runs to the ball and lines up behind it. They pass the ball through the legs of each player until the last player at the end of the line gets it and throws it right to the coach who is pitching. When the ball gets to the coach the runner stops. Each base the runner has touched is counted as one point for the team. Immediately the next hitter gets a pitch and the same thing happens. Once every player hits once, the total bases for the team are added up for their score. They take the field and the other team comes in to hit and try to beat their score. This game is based on fun and running with some live hitting and hustling around the bases mixed in.

WEEK 9

WEEK 10

WEEK 11

WEEK 12



# PRACTICE SEQUENCE

## BASE RUNNING (15 MINUTES)



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### BASE RUNNING REVIEW

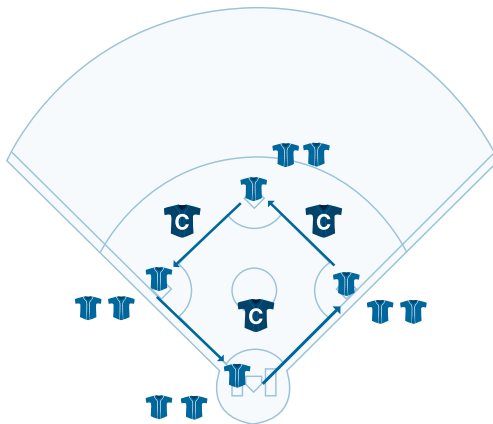
- Purpose of base running and how to score
- Two ways of running to first base two times for each way



“BASE”

“TURN”

### MERRY-GO-ROUND



### DRILL

#### Merry-Go-Round

This is a fun drill that will allow the players to run the bases and get an understanding of how to run from base-to-base. Start with an even number of players at each base. Players will approach home plate with a bat. They will get a proper grip on the bat. They will get in their stance and check to see their plate coverage. Once the coach says “Go!”, the player will swing the bat like they just hit the ball and will run toward First Base. This will set the drill in motion. The player at First base will run to Second Base. The player at Second Base will run to Third Base. The player on Third base will run to Home Plate. Each player will go to the end of the line at the next base. Continue this drill until each player has “hit” two-to-three times.



# PRACTICE SEQUENCE

INTRO

## FIELDING (15 MINUTES)



PROGRAM TIPS

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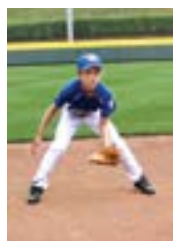
WEEK 10

WEEK 11

WEEK 12

### FIELDING REVIEW

- Five Steps of fielding
- "Alligator" hands and do the drill with each player getting five balls with glove and throw to first base from (third base, shortstop, first base)
- Bare Hands - 10 throws to first base from (third base, shortstop, and second base)



1. Creeper Steps



2. Bend Knees / Lower Torso



3. Glove Out-Front



4. Receive / Suck / Funnel / Move



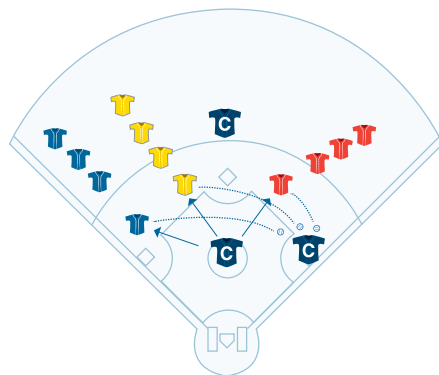
5. Throw to Target



———— Alligator Hands ————



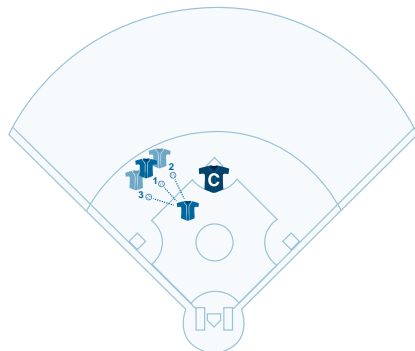
### GAME: BARE HANDS



### GAME: BARE HANDS

- Arrange teams in three lines of four players at third base, shortstop, and second base.
- Players will make 10 throws to first base from (third base, shortstop, and second base).
- Award one point for a successfully fielded groundball, and one point for a good throw to first base.
- Coach will roll groundballs to one position at a time.
- Teams will rotate from third base to shortstop; shortstop to second base; second base to third base until each team has fielded at all three positions.

### ROLL AND TOSS DRILL



### DRILL

#### Roll and Toss Drill

Partners will face each other 5-to-10 feet apart. One partner will start with both balls. Partner with the balls will roll a ground ball to their partner. The receiving partner will quickly field the ground ball and toss the ball back. As the ball is being tossed another ground ball will be rolled. This drill will focus on fielding ground balls while moving laterally.

Continue this drill for 15 repetitions and then switch partners.

### CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week and remind players of next event (practice/game)
- Dismiss



# COACH PITCH

## WEEK ELEVEN

INTRO

PROGRAM TIPS

PROGRAM OUTLINE

WEEK 1

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WEEK 6

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WEEK 10

WEEK 11

WEEK 12

### PRACTICE GOALS: What Your Team Should Learn

1. Run the bases more proficiently
2. Use a cross/drop step to catch a fly ball using two hands (baseball)

### MATERIALS:

- Batting Helmets
- Bases (four)
- Baseball Bats (various sizes)
- Baseballs (two buckets)
- Batting Tee
- Buckets (three)
- Gloves
- "L" Screen
- Plastic Balls



## POSITIVE COACHING ALLIANCE (PCA) | WEEKLY TIPS

### PRACTICE 1 TIP: Positive Self Talk

Self Talk is something we all do. We talk to ourselves silently in our own mind.

In sports and in life, it is important that we talk positively to ourselves.

This is especially important after we make a mistake or when we are facing a strong challenge.

**Positive Self Talk helps us approach any situation more confidently and it helps us perform better.**

### PRACTICE 2 TIP : Catch Yourself Before You Complain

Earlier in the season, we talked about the importance of a positive attitude.

Sometimes when something isn't just the way we like it, we are tempted to complain about it. But your players have the ability to catch themselves before they complain, and replace complaining with something else. Something positive!

**The best competitors see imperfect circumstances as challenges. They like challenges and trying to rise to meet them.**

Doing this instead of complaining is one of the keys to projecting a positive attitude!



# QUICK PLAN

## 90 MINUTES

- INTRO
- PROGRAM TIPS
- PROGRAM OUTLINE
- WEEK 1
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- WEEK 10
- WEEK 11
- WEEK 12

**3 MINUTES**

### INTRODUCTION

- Welcome players
- Review names (players and coaches)
- Focus on the reason for being there/PCA tip of the week

**5 MINUTES**

### STRETCHING AND WARM UPS

- Players run along the fence with the team
- Coach leads the team in a series of leg and arm stretches
- Finish with 20 Jumping Jacks
- (See full practice plan for complete instructions)

**4 MINUTES**

### BASEBALL GRIP

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Toss/Catch/Grip (Players will toss the ball for their partners to catch)

**28 MINUTES**

### CATCHING AND THROWING

- Review two-hand target
- Review thumb-to-thumb
- Review pinky-to-pinky
- Catching the ball below the waist
- 5 steps of throwing
- Catching baseball pop ups
- Cross-over and drop steps
- Long toss

**3 MINUTES**

### BREAK

**22 MINUTES**

### HITTING

- Players will grip the bat with "knocking knuckles" lined up or shifted slightly
- "Athletic" Stance
- Bat should be able to "cover" the entire plate
- "Dry" Swings
- Soft Toss
- 4x4x4 Live Inning Game

**7 MINUTES**

### BASE RUNNING

- Home to first base, first base to third base, second base to home
- (See full practice plan for complete instructions)

**18 MINUTES**

### FIELDING

- Review 5 steps of fielding
- "Creeper" steps
- "Alligator" hands
- Bare hands throw to first base
- Knee groundball drill

### CONCLUSION

- High five and low fives
- Review what they learned/PCA Tip of the Week
- Remind of next event (practice/game)



# PRACTICE SEQUENCE

## INTRO

### INTRODUCTION (3 MINUTES)

- Review the purpose for being at the field and show enthusiasm to start practice. Share a good memory from the season so far. If players want to share allow them.

## PROGRAM TIPS

### STRETCHING AND WARMUPS (5 MINUTES)

## PROGRAM OUTLINE

- **First, have the team run along the outfield fence and gather in the opposite outfield from which you started.**
- Arm Circles: Short circles forward/backward, big circles forward/backward.
- Arm above the head and try to grab the middle of your back. Use the opposite arm to push arm down as far as you can reach.
- Right arm across the body, grab the elbow to stretch.
- Wrist Pull Downs. Extend your Right Arm / Left Arm out with the palm up, grab the finger tips with opposite arm and pull fingers down/back creating the stretch.
- Wrist Pull Ups. Extend your arm out with the palm down, grab the finger tips with opposite arm and pull fingers up/back creating the stretch.
- Touch your toes (standing)
- Touch your toes (sitting with both leg straight out, legs spread apart, grab toes with opposite hand, each leg once)
- Triangle seat: Seated pull feet together in to the body and use elbows to push the knees flat to the ground.
- Jumping Jacks 20 times.

## WEEK 1

## WEEK 2

## WEEK 3

## WEEK 4

## WEEK 5

## WEEK 6

## WEEK 7

## WEEK 8

## WEEK 9

## WEEK 10

## WEEK 11

## WEEK 12

### BASEBALL GRIP (4 MINUTES)



### BASEBALL GRIP REVIEW

- Proper four-seam grip. Hold the baseball using a four-seam grip. (See Figure 1.1)
- Show two-finger (Fig. 1.2) and three-finger grips (Fig. 1.3). Index finger on the top of the ball, thumb on the bottom of the ball, middle finger on the top of the ball. The spacing between fingers should be about the size of a finger.
- Review the toss/catch/four-seam grip. Have each player do 10 repetitions.





# PRACTICE SEQUENCE

INTRO

## CATCHING AND THROWING (28 MINUTES)



PROGRAM TIPS

### CATCHING DRILL REVIEW

- Above / below the waist throws from the coach, five throws each
- 10 catches each using baseballs
- Fly balls, straight on, 10 catches each with baseballs

PROGRAM OUTLINE

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6

WEEK 7

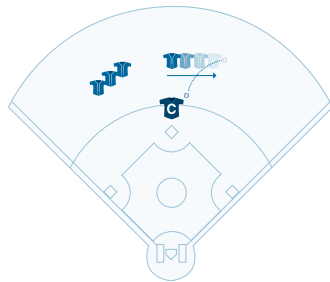
WEEK 8

WEEK 9

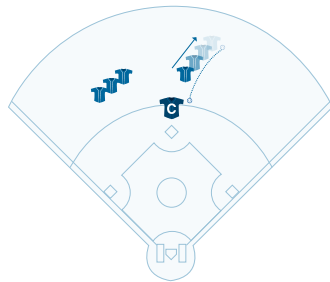
WEEK 10

WEEK 11

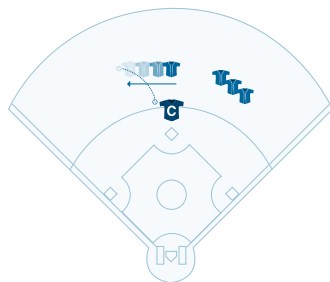
WEEK 12



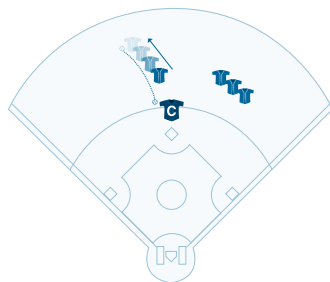
BALL OUT TO THE RIGHT



BALL OUT TO THE RIGHT & BACK



BALL OUT TO THE LEFT



BALL OUT TO THE LEFT & BACK

### DRILL

The Coach will throw a baseball in one of four directions:

**Ball out to the right:** Players will react to the ball and cross their right foot over their left foot and run towards the ball.

**Ball to the right and back:** Players will react to the ball by using a drop step with the left foot and run back at an angle towards the ball, looking over their right shoulder.

**Ball out to the left:** Players will react to the ball and cross their left foot over their right foot and run towards the ball.

**Ball to the left and back:** Players will react to the ball by using a drop step with the right foot and run back at an angle towards the ball, looking over their left shoulder.

Players will line up underneath the ball and try to make the catch with two hands using a T2T technique. The ball will be caught with the glove and the throwing hand will secure the ball, making the transition to the four-seam grip easier. Have the players, line up into three single-file lines of four players each. One coach per line will make 10 throws per player.



# PRACTICE SEQUENCE

INTRO

PROGRAM TIPS

PROGRAM OUTLINE

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6

WEEK 7

WEEK 8

WEEK 9

WEEK 10

WEEK 11

WEEK 12

## THROWING REVIEW

- Do not throw until you see a Two-Hand Target (2HT)
- Use a four-seam grip
- **FIVE STEPS OF THROWING**



2.1 Step



2.2 Shoulder to Partner



2.3 Launch



2.4 Delivery

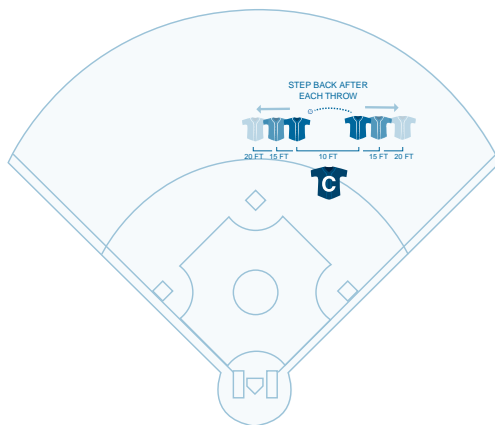


2.5 Finish

## THROWING DRILL REVIEW

- Start in the launch position focusing on the 2HT and four-seam grip. Continue drill for 15-to-20 throws.
- Add the "step" and "shoulder to partner" to the throwing sequence. Ten throws total with the player focusing on putting all five steps together.
- Have players warm up playing the game of 11. Make sure to focus on making good throws.

## LONG TOSS



## DRILL

### Long Toss

Players will continue from the hand separation drill and play catch moving a step further away from their partner after each throw, until they are able to still throw the ball in a line using correct mechanics. 20 throws.



# PRACTICE SEQUENCE

INTRO

**BREAK (3 MINUTES)**

PROGRAM TIPS

**HITTING (22 MINUTES)**



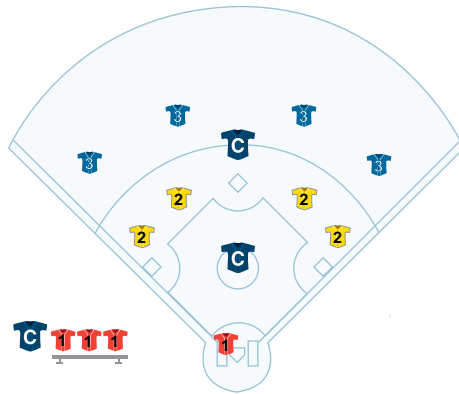
PROGRAM OUTLINE

- How to grip a bat with a proper stance and complete plate coverage.
- Dry swing drill (10 swings each)
- Hit ten balls off the tee into a fence or net
- Soft toss, five hits each into a net

WEEK 1

**COACH PITCH 4X4X4**

WEEK 2



WEEK 3

WEEK 4

WEEK 5

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WEEK 10

WEEK 11

WEEK 12

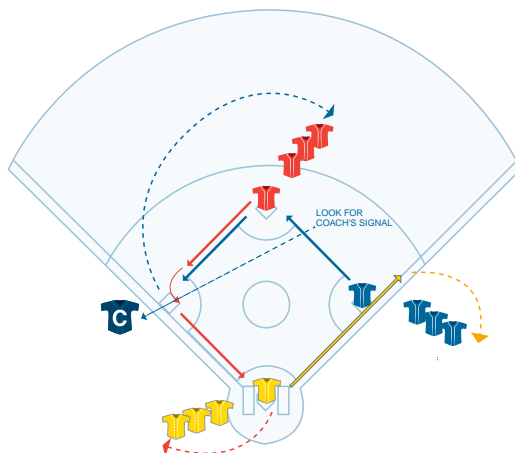
**BASE RUNNING (7 MINUTES)**



**BASE RUNNING REVIEW**

- Purpose of base running and how to score.

**HOME PLATE-TO-FIRST BASE; FIRST BASE-TO-THIRD BASE; SECOND BASE-TO-HOME PLATE**



**DRILL**

**Coach Pitch 4x4x4**

This drill/game will focus on the coach pitching to the players. Each player will approach their at-bat as if it is in a game and make sure they have proper coverage of the plate. There will be three groups of four. Group One will be batting, Group Two will be infielders and Group Three will start in the outfield. Each team will get an inning to hit (three outs) and will play the game as if it is a live game. The fielders will try and get each hitter out. Once Group One has three outs or five runs the inning will end and Group Two will come in to hit and Group Three will play the infield. Group One will play the outfield. This rotation will continue until the drill is over. Have each team hit two to three times.

**DRILL**

**Home Plate-to-First Base; First Base-to-Third Base; and Second Base-to-Home Plate**

Line up four players at first base, second base and at home plate. Players will start the drill on first base, on second base and in the batter's box, with the remaining three players at that station away from the playing field. Home plate - along the backstop, first base - in the coach's box and second base - in centerfield.

On the coach's command, the player from home plate will run straight through first base, breaking down after the base and look to the right to see if there was an overthrow. The player from first base will run to third base, looking for the coach's signal to come to third base, this player will walk in the outfield back to second base and get in line. The player from second base will run to home plate and will make curve out to hit the inside or third base, trying to get in as straight a line to home plate as possible. This player will get in line at home plate. Continue this drill for two rotations times at each base.



# PRACTICE SEQUENCE

INTRO

PROGRAM TIPS

PROGRAM OUTLINE

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WEEK 12

## FIELDING (18 MINUTES)



### FIELDING REVIEW

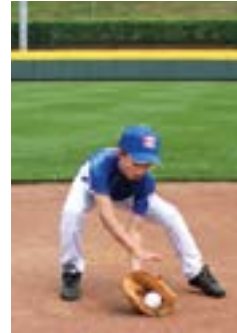
- Fielding Five Steps of fielding
- Dry Ground Balls (five each)



1. Creeper Steps



2. Bend Knees / Lower Torso



3. Glove Out-Front



4. Receive / Suck / Funnel / Move



5. Throw to Target

### DRILL

#### Knee Ground Ball

Players are on their knees on the edge of the infield grass. Coach will roll ground balls to the fielder from 25 feet away. Fielders will use proper two-hand fielding technique and make a return throw to the coach. Three lines of four players and each will receive four balls do this drill five times.



### CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week and remind players of next event (practice/game)
- Dismiss



# COACH PITCH

## WEEK TWELVE

INTRO

PROGRAM TIPS

PROGRAM OUTLINE

WEEK 1

WEEK 2

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WEEK 4

WEEK 5

WEEK 6

WEEK 7

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WEEK 11

WEEK 12

### PRACTICE GOALS: What Your Team Should Learn

1. Enjoy the game of baseball and softball
2. Reflect on the season and how they improved throughout the season

### MATERIALS:

- Batting Helmets
- Bases (four)
- Baseball Bats (various sizes)
- Baseballs (two buckets)
- Batting Tee
- Buckets (three)
- Gloves
- "L" Screen
- Plastic Balls



## POSITIVE COACHING ALLIANCE (PCA) | WEEKLY TIPS

### PRACTICE 1 TIP: Post-Game Ritual (Honoring the Game)

This week, and for the rest of the season, have your team be the best sports they can be and Honor the Game by treating their opponents with respect.

**Whether you win or lose, have each person seek out each player on the other team, look them in the eye, shake hands, and thank them for competing.**

You can make this a ritual after every game. After a loss, congratulate the other team. This may not be easy so you might really have to work at this including role playing it in practice.

### PRACTICE 2 TIP : End with a Flourish

Try to have your team End with a Flourish. That means playing with as much enthusiasm and effort at the end of the season as they did at the beginning.

Some people stop learning at the end of a season, but your players can learn as much as they did at the start if they keep up their Teachable Spirit.

**Ending with a Flourish is a way for your athletes to say "Thank you" to their teammates and the coaches and people who helped them this year.**



# QUICK PLAN

## 90 MINUTES

- INTRO
- PROGRAM TIPS
- PROGRAM OUTLINE
- WEEK 1
- WEEK 2
- WEEK 3
- WEEK 4
- WEEK 5
- WEEK 6
- WEEK 7
- WEEK 8
- WEEK 9
- WEEK 10
- WEEK 11
- WEEK 12

**5 MINUTES**

### INTRODUCTION

- Welcome players
- Review names (players and coaches)
- Focus on the reason for being there/PCA tip of the week

**7 MINUTES**

### STRETCHING AND WARM UPS

- Players run along the fence with the team
- Position Fitness
- (See full practice plan for complete instructions)

**3 MINUTES**

### BASEBALL GRIP

- Players gather in circle
- Review gripping the baseball with whole hand using fingertips
- Show players Two- and Three-finger grips

**10 MINUTES**

### CATCHING AND THROWING

- Review two-hand target
- Review thumb-to-thumb
- Review pinky-to-pinky
- Catching the ball below the waist
- 5 steps of throwing
- Catching baseball pop ups
- Cross-over and drop steps

**3 MINUTES**

### BREAK

**52 MINUTES**

### HITTING

- 6x6 Game
- (See full practice plan for complete instructions)

**5 MINUTES**

### BASE RUNNING

- Home to second base; second base to home relay
- (See full practice plan for complete instructions)

**5 MINUTES**

### FIELDING

- Review five steps of fielding
- Roll and Toss drill

### CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week
- Remind of next event (practice/game)



# PRACTICE SEQUENCE

## INTRODUCTION (5 MINUTES)

- Review the purpose for being at the field and show enthusiasm to start practice. Talk about how thankful you are to be able to coach this group of players and praise how much progress they've made from the beginning of the season until the end. Have players talk about what they have learned and how they have improved this year, make sure to highlight their strengths.

## STRETCHING AND WARMUPS (7 MINUTES)

- **First, have the team run along the outfield fence and gather in the opposite outfield from which you started.**

### POSITION FITNESS

- Start at home plate. Each player will do five squats, making sure their knees don't go over their toes. Bend in the same way you would sit in a chair, then stand straight again.
- Run to first base, once there, do high and low reaches.
- In a good athletic position, laterally shuffle to second base and back to where the second baseman would be positioned, there do five jumping jacks.
- Run to second base, where each player will do ten arm windmills forward and backwards.
- Lateral shuffle to third base and back to the shortstop position. Once there, each player will do ten high knees.
- Run to third base, once there do 12 push-ups.
- Run to home plate, do five squats and then jog to the pitcher's mound, where you will finish with front and back arm circles.

## BASEBALL GRIP (3 MINUTES)



### BASEBALL GRIP REVIEW

- Proper four-seam grip. Hold the baseball using a four-seam grip. (See Figure 1.1)
- Show two-finger (Fig. 1.2) and three-finger grips (Fig. 1.3). Index finger on the top of the ball, thumb on the bottom of the ball, middle finger on the top of the ball. The spacing between fingers should be about the size of a finger.

INTRO

PROGRAM  
TIPS

PROGRAM  
OUTLINE

WEEK 1

WEEK 2

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WEEK 9

WEEK 10

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WEEK 12



# PRACTICE SEQUENCE

INTRO

PROGRAM TIPS

PROGRAM OUTLINE

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6

WEEK 7

WEEK 8

WEEK 9

WEEK 10

WEEK 11

WEEK 12

## CATCHING AND THROWING (10 MINUTES)



### CATCHING REVIEW

- Two-Hand Target (2HT)
- Thumb-to-Thumb (T2T)
- Pinky-to-Pinky (P2P)

### CATCHING DRILL REVIEW

- Above/Below the waist throws from the coach. Five throws each
- Plastic Balls catch. Ten catches each
- Fly balls, straight on, with hardballs. Ten each
- Directional Fly Balls. Ten each

### THROWING REVIEW

- Do not throw until you see a Two-Hand Target (2HT)
- Use a four-seam grip
- **FIVE STEPS OF THROWING**



2.1 Step



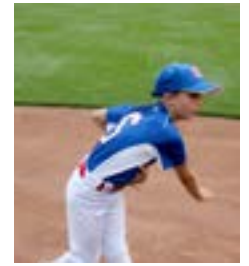
2.2 Shoulder to Partner



2.3 Launch



2.4 Delivery

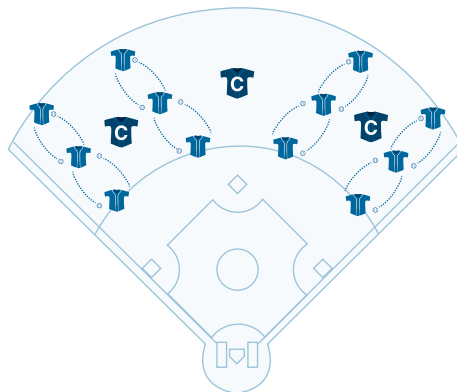


2.5 Finish

### THROWING DRILL REVIEW

- Start in the launch position focusing on the 2HT and four-seam grip. Continue drill for 15-to-20 throws
- Add the "step" and "shoulder to partner" to the throwing sequence. Ten throws total with the player focusing on putting all five steps together
- Have players warm up playing the game of 11. Make sure to focus on making good throws

### THREE-MAN RELAY



### DRILL

#### Three-Man Relay

This drill simulates the correct technique for completing a throw from the outfield, to a relay man, to the base. Emphasize correct throwing technique and to teach the skill of relaying the ball in this sequence. Players should be in a straight line approximately 25–55 feet apart. Coaches will adjust the distance for the players.

The drill begins with a ball on the ground in the outfield. The outfielder will pick the ball up and make a good throw using proper throwing mechanics to the relay man. The relay man will stand sideways with their directional shoulder (glove hand) pointed toward the target they will be relaying the ball to, in this case the base. The third man will quickly return the throw back to the relay man who will make the final throw to the outfielder. Place the ball on the ground and repeat. Do this 15 times.





# PRACTICE SEQUENCE

INTRO

**BREAK (3 MINUTES)**

PROGRAM TIPS

**HITTING (52 MINUTES)**



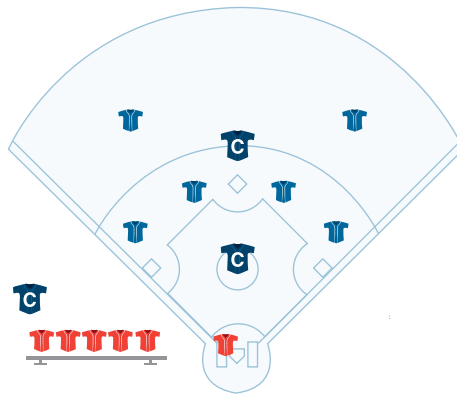
PROGRAM OUTLINE

### HITTING REVIEW

- How to grip a bat with a proper stance and complete plate coverage.
- Dry swing drill (10 swings each)
- Hit ten balls off the tee into a fence or net
- Soft toss, five hits each into a net

WEEK 1

### COACH PITCH 6X6



### DRILL

#### Coach Pitch 6x6

This game will be similar to a regular baseball game, playing four innings. Coach will pitch to the players from a knee or standing from 40 feet away. Each player will approach their at-bat as if it is in a game and make sure they have proper coverage of the plate. There will be two groups of six players each. Group One will be batting, Group Two will be infielders and outfielders. The three players who are outfielders in the first inning will be infielders the next inning. Keep this rotation for the remainder of the game. Each team will get an inning to hit (three outs) and will play the game as if it is a live game. The fielders will try and get each hitter out. Once Group One has three outs or five runs scored the inning will end and Group Two will come in to hit and Group One will play the field. This rotation will continue until the game is over.

WEEK 2

WEEK 3

WEEK 4

WEEK 5

**BASE RUNNING (5 MINUTES)**



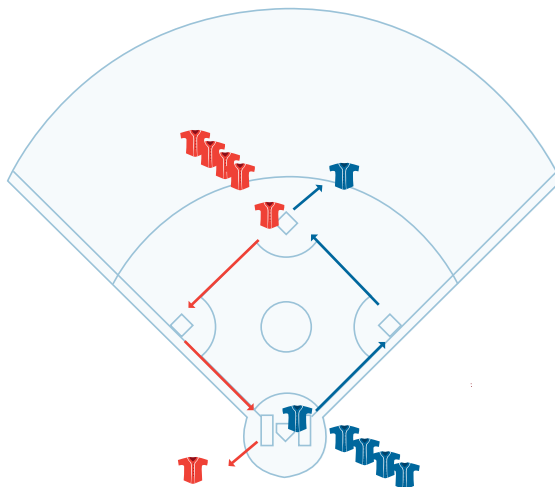
WEEK 6

### BASE RUNNING REVIEW

- Purpose of base running and how to score.

WEEK 7

### HOME PLATE RELAY RACE



### DRILL

#### Home Plate Relay Race

Break players into teams of six. Six players will start at home plate. Five players will line up in the grass to the right of home plate and one player will put their foot on the outside corner of home plate closest to first base to start the drill. This team will run from home plate to second base. Once their teammate touches second base, the next player in line will run to second base, once there they will take a seat in the grass. Six players will start at second base. Five players will line up in the grass behind of second base. One player will start with their foot on the edge of second base towards third base and run from second base to home plate. Once their teammate crosses home, the next player will replace the previous player.

WEEK 8

WEEK 9

WEEK 10

WEEK 11

WEEK 12



# PRACTICE SEQUENCE

INTRO

## FIELDING (5 MINUTES)



PROGRAM TIPS

PROGRAM OUTLINE

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6

WEEK 7

WEEK 8

WEEK 9

WEEK 10

WEEK 11

WEEK 12

### FIELDING REVIEW

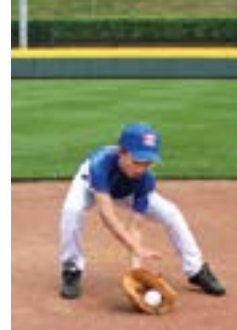
- Five Steps of fielding



1. Creeper Steps



2. Bend Knees / Lower Torso



3. Glove Out-Front

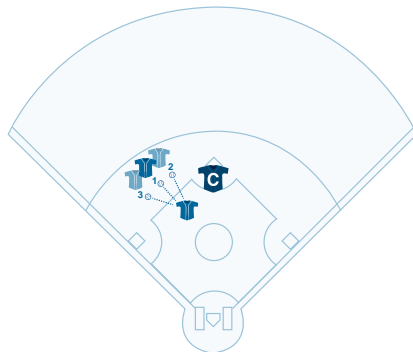


4. Receive / Suck / Funnel / Move



5. Throw to Target

### ROLL AND TOSS DRILL



### DRILL

#### Roll and Toss Drill

Partners will face each other 5-to-10 feet apart. One partner will start with both balls. Partner with the balls will roll a ground ball to their partner. The receiving partner will quickly field the ground ball and toss the ball back. As the ball is being tossed another ground ball will be rolled. This drill will focus on fielding ground balls while moving laterally.

Continue this drill for 15 repetitions and then switch partners.

### CONCLUSION

- High fives
- Review what they learned/PCA Tip of the Week and remind players of next event (practice/game)
- Dismiss